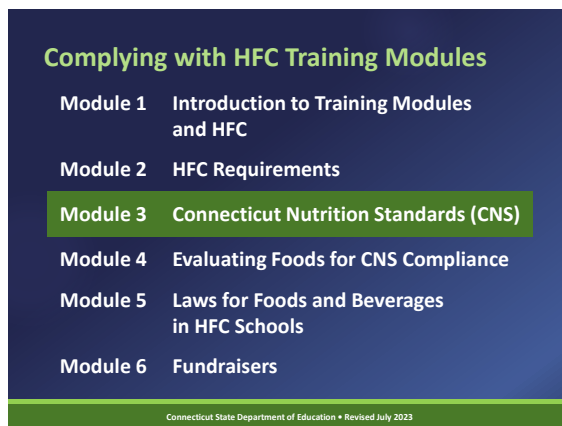




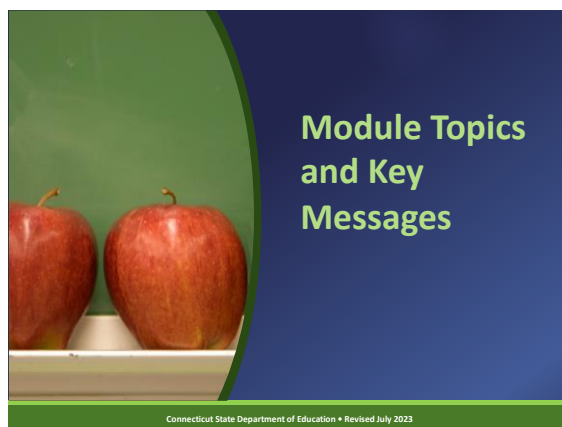
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Overview of CNS

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Overview of CNS


Developed by CSDE in July 2006

Based on current nutrition science and national health recommendations

Promotes healthier choices for students in schools

Meets or exceeds USDA's Smart Snacks nutrition standards

Required for Healthy Food Certification (HFC) schools



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CNS Applies to

All foods available for sale to students *separately from reimbursable meals* on school premises *

All foods served in the USDA's Afterschool Snack Program (ASP) *

* Commercial products and foods made from scratch



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Six CNS Food Categories

1. Snacks
2. Entrees sold only a la carte
3. Non-entree combination foods
4. Cooked grains
5. Soups
6. Fruits and vegetables



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CNS Nutrients and Ingredients

Limits for nutrients	Prohibited ingredients
<ul style="list-style-type: none"> Calories Total fat Saturated fat Trans fat Sodium Total sugars <p style="font-size: small;">Some exemptions for specific nutrient-rich foods</p>	<ul style="list-style-type: none"> Nonnutritive sweeteners and sugar alcohols Chemically altered fat substitutes Caffeine Significant fortification Nutrition supplements

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To Comply with CNS

General Standard

Food must meet ≥ 1 general standard

- Whole grain-rich (WGR)
- Food group is first ingredient
- Combination food with $\geq \frac{1}{4}$ cup of fruit or vegetable

Nutrition Standards

Serving with accompaniments must meet all nutrition standards for specific food category

- Nutrient limits
- Prohibited ingredients

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Must Ensure all Foods Comply with CNS

Commercial products

Use CSDE's List of Acceptable Foods and Beverages Webpage



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CSDE Resource

List of Acceptable Foods and Beverages Webpage



<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

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Must Ensure all Foods Comply with CNS

Foods made from scratch

Evaluate nutrition information per serving of standardized recipe with its accompaniments



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CNS Food Categories



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Category 1 Snacks

- Includes most competitive foods sold in schools



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Examples of Foods in Snacks Category


- Bakery items
- Cheese, pudding, yogurt
- Cookies, cereal bars, granola bars
- Snack mix and trail mix
- Chips, popcorn, puffed snacks, and rice cakes
- Meat snacks
- Crackers, hard pretzels, and pita chips
- Nuts, seeds, and nut/seed butters
- Breakfast cereals
- Smoothies
- Ice cream

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Category 2 Entrees Sold Only A La Carte

- Includes entrees that are not sold as part of reimbursable meals




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CNS for Entrees

Applies only to entree items *sold only a la carte* (not part of reimbursable meals)



Entree items *sold as part of reimbursable meals* are exempt from CNS if meet five criteria



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Five Exemption Criteria for Entrees

- 1 Sold a la carte *during meal service on same day* as planned/served as part of reimbursable meals
- 2 Same or smaller portion size as NSLP/SBP
- 3 Same accompaniments as NSLP/SBP
- 4 Meet trans fat standard
- 5 No nonnutritive sweeteners, sugar alcohols, or chemically altered fat substitutes

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Entree Exemptions Not Allowed for Any Other Foods



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Entree Exemptions Not Allowed for Any Other Foods

Examples	
Food item in reimbursable meals	Cannot be sold a la carte unless serving meets
 French fries	CNS for fruits and vegetables category
 Muffins	CNS for snacks category

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Entrees Sold Only A La Carte Must Meet 3 Criteria

1. CNS entree definition
2. At least 1 general standard
 - Entrees containing grains must also meet WGR standard
3. All CNS nutrition standards for entree category



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CNS Entree Definition = 3 Categories



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CNS Entree Definition = 3 Categories

- 1 Combination food that contains a meat/meat alternate (MMA) and WGR food

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Combination Foods

Contain at least 2 food components representing the recommended MyPlate food groups (fruits, vegetables, dairy, protein, and grains)

Terms to Know




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CNS Entree Definition = 3 Categories

- 1 Combination food that contains a meat/meat alternate (MMA) and WGR food
- 2 Combination food of MMA and vegetable or fruit (VF)
- 3 MMA alone, excluding foods in Snacks category



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MMA Alone Does Not Include

- Yogurt
- Cheese
- Nuts and seeds
- Nuts and seed butters
- Meat snacks such as jerky



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CNS Entree Definition is Different from NSLP/SBP

- Foods defined by menu planner as entrees for NSLP/SBP might not meet CNS entree definition



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Knowledge Check:
Is it an entree?

Indicate if each food item meets CNS entree definition

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Cheese pizza with WGR crust



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Cheese = MMA
Pizza crust = WGR food

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Low-fat cheese stick



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Not a main dish
CNS category = Snacks

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WGR pancakes



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Not a main dish
CNS category = Snacks

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Three-bean vegetarian chili



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Beans (legumes) = MMA
Tomato sauce = VF

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CN-labeled vegetable egg roll with whole-grain wrapper



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Not a main dish
CNS category = Non-entree combination foods

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Chicken vegetable stir-fry



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Chicken = MMA
Vegetables = VF

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Breaded chicken breast on enriched bun



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Grain portion is not WGR

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Chicken nuggets with whole-grain breading



Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Cheese = MMA
Pizza crust = WGR food

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Low-fat yogurt



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Not a main dish
CNS category = Snacks

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Yogurt and fruit parfait



Meets CNS entree definition?


- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Yogurt = MMA
Fruit = VF

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Yogurt and strawberry smoothie



Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree

Yogurt = MMA
Strawberries = VF


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Nuts and seeds

Meets CNS entree definition?

- Yes: Combination food of MMA and WGR food
- Yes: Combination food of MMA and VF
- Yes: MMA alone
- No: Not an entree**



Not a main dish
CNS category =
Snacks

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Category 3 Non-entree Combination Foods

- Nutrient-rich combination foods that do not meet entree definition
 - Not a main dish
 - Do not provide minimum serving




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Category 4 Cooked Grains

- Rice
- Pasta
- Cereals grains, e.g., millet, quinoa, wheat berries, and rolled wheat

Does not include cooked
breakfast cereals



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Category 5 Soups

- Ready-to-serve
- Canned
- Frozen
- Rehydrated



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Category 6 Fruits and Vegetables


- Fresh
- Frozen
- Canned
- Dried, including fruit snacks that are 100% fruit



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Exempt from All Standards



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Exempt from All Standards

Fresh and frozen fruits and vegetables
No added ingredients except water



Canned fruits
No added ingredients except water **OR** packed in 100 percent juice, extra light syrup, or light syrup



Low sodium or no salt added canned vegetables
No added fat, nonnutritive sweeteners, or sugar alcohols




- No nonnutritive sweeteners
- No sugar alcohols
- No added fat

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CNS General Standards



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Three General Standards: Must Meet At Least One

1. Whole grain-rich (WGR)
2. Contains food group as first ingredient
3. Combination food that contains at least ¼ cup of fruit/vegetable per serving




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General Standard 1 WGR

- Same as WGR criteria for school meals
- Different WGR criteria for different types of grains

- Based on USDA’s Exhibit A: Grain Requirements for Child Nutrition Programs
- Refer to CSDE’s Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Oz_Eq_SNP_grades_K-12.pdf

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WGR Criteria for Groups A-G: Baked Goods

Examples	WGR Criteria
<ul style="list-style-type: none"> • Breads and bread products • Snack products • Grain-based desserts 	<ol style="list-style-type: none"> 1. 100% whole grain or contains blend of whole and enriched grains that is ≥ 50% whole grain 2. Noncreditable grains cannot exceed 3.99 grams per portion




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WGR Criteria for Group H: Cereal Grains


Examples	WGR Criteria
<ul style="list-style-type: none"> • Cooked breakfast cereals • Rice • Pasta • Cereal grains 	<ol style="list-style-type: none"> 1. 100% whole grain or contains blend of whole and enriched grains that is ≥ 50% whole grain 2. Noncreditable grains cannot exceed 6.99 grams per portion



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WGR Criteria for Group I: Ready-to-eat Breakfast Cereals

Examples	WGR Criteria
<ul style="list-style-type: none"> • Puffed cereals • Flaked cereals • Granola 	<ol style="list-style-type: none"> 1. First ingredient is whole grain and cereal is fortified or cereal is 100 percent whole grain 2. Noncreditable grains cannot exceed 6.99 grams per portion

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CSDE Resource

Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGR_Requirement_SNP_grades_K-12.pdf

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General Standard 2: Food Group is First Ingredient



- If not WGR food, first ingredient is a food group
 - Fruits
 - Vegetables
 - Dairy
 - Protein
- If water is first ingredient, second ingredient is food group

<https://www.myplate.gov/>

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Meeting the Food Group Standard

Products Containing Grains

- Grain portion must be WGR



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Meeting the Food Group Standard

Soy Products

- If soy product is first ingredient, meets protein food group general standard

Examples

- Tofu
- Soy protein concentrate
- Textured vegetable protein (TVP)



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Meeting the Food Group Standard

Dried Vegetables

- If first ingredient is dried or dehydrated vegetable or vegetable puree, meets vegetable food group general standard

Examples

- Potato flakes
- Dried potatoes
- Pureed carrots

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Meeting the Food Group Standard

Dried Fruits

- If first ingredient is dried or dehydrated fruit or fruit puree, meets fruit food group general standard

- Dried cherries
- Dehydrated apples
- Dates
- Raisins
- Pureed apples




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Dehydrated/Concentrated Juice/Puree = Added Sugar

- Does not meet a food group general standard



Ingredient	Meets fruit food group standard?
Fruit puree	Yes
Fruit puree concentrate	No
Juice from concentrates	No

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Product 1: Fruit Snacks

Ingredients: *Juice from concentrates (grape, pear, peach and pineapple)*, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1

No Juice from concentrates = added sugar

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Product 2: All Natural Fruit Strips

Ingredients: *Apple puree concentrate*, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate

No Juice from concentrates = added sugar

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Product 3: Squeezable Fruit

Ingredients: *Organic fruit purees (apple, banana, strawberry)*, citric acid

Yes * Pureed fruit = fruit

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 4: Squeezable Fruit


Ingredients: *Apples*, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)

Yes * Apples = fruit

* To comply with CNS, product must also meet all CNS nutrition standards

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Knowledge Check: Food Group General Standards

Indicate if each food item meets a food group general standard

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Product 1: Baked Potato Chips

Ingredients: *Dried potatoes*, corn starch, sugar, corn oil, salt, soy lecithin and dextrose

Meets food group general standard?

Yes: Vegetables *

No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 2: Strawberry Greek Yogurt

Ingredients: *Cultured grade A nonfat milk*, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.

Meets food group general standard?

Yes: Dairy

No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 3: Chocolate Pudding

Ingredients: *Low-fat milk (vitamin A and D)*, sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate

Meets food group general standard?

Yes: Dairy *

No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 4: Part-skim Mozzarella Cheese Stick

Ingredients: *Pasteurized part-skim milk*, cheese cultures, salt, enzymes, vitamin A palmitate

Meets food group general standard?

Yes: Dairy

No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 5: Fruit Snack Bar

Ingredients: *Dates*, almonds, unsweetened cherries

Meets food group general standard?

Yes: Fruits *

No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 6: Frozen Raspberry Fruit Pop

Ingredients: *Raspberry puree (red raspberries, lemon juice)*, filtered water, organic cane sugar

Meets food group general standard?
 Yes: Fruits *
 No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 7: Frozen Tangerine Fruit Pop

Ingredients: Filtered water, *tangerine puree (tangerines, orange pulp)*, organic cane sugar

Meets food group general standard?
 Yes: Fruits *
 No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 8: Apple Fruit Leather

Ingredients: *Apple puree concentrate*, natural apple flavor, lemon juice concentrate

Meets food group general standard?
 Yes: _____
 No

Puree concentrate = added sugar

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Product 8: Fruit Snacks

Ingredients: *Juice from concentrates (grape, pear, peach and pineapple)*, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnauba wax, red 40, yellow 5 and blue 1

Meets food group general standard?
 Yes: _____
 No

Juice from concentrate = added sugar

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Not All Fruit Snacks Comply

- Review first ingredient
- Check CSDE's List of Acceptable Foods and Beverages webpage



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Product 9: Strawberry Italian Ice

Ingredients: Micron filtered water, *sugar*, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)

Meets food group general standard?
 Yes: _____
 No

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Product 10: Ice Cream Fudge Bar

Ingredients: *Nonfat milk*, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate

Meets food group general standard?
 Yes: Dairy *
 No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 11: White Cheddar Snack Puffs

Ingredients: *Whole navy beans*, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid

Meets food group general standard?
 Yes: Vegetables or Protein *
 No

* To comply with CNS, product must also meet all CNS nutrition standards

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Product 12: Vanilla Ice Cream Sandwich

Ingredients: FROZEN DAIRY DESSERT: *Nonfat milk and milkfat*, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. WAFERS: *Bleached wheat flour*, sugar, soybean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor

Meets food group general standard?
 Yes: _____
 No
 Grain portion (wafer) is not WGR

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General Standard 3: Combination Food

- Combination food that contains at least ¼ cup of fruit/vegetable per serving
- Any grain portion must be WGR



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Requirements for Nutrients



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CNS for Nutrients

Calories	Total fat	Saturated fat
Trans fat	Sodium	Total sugars



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Nutrients per Serving: Calories

Standard per serving *
<ul style="list-style-type: none"> All foods except entrees: ≤ 200 Entrees: ≤ 350
* Includes accompaniments

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Nutrients per Serving: Fat


Nutrient	Standard per serving *
Total fat	≤ 35% of calories
Saturated fat	< 10% of calories
Trans fat	<ul style="list-style-type: none"> 0 grams No partially hydrogenated oils
* Includes accompaniments	

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Trans Fat Standard is Obsolete

- Food and Drug Administration (FDA) June 2015: Final Determination Regarding Partially Hydrogenated Oils (80 FR 34650)
- Removes trans fats from all commercial food products by January 1, 2021








<https://www.federalregister.gov/documents/2015/06/17/2015-14883/final-determination-regarding-partially-hydrogenated-oils>

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Exemptions for Fat and Saturated Fat

Food	Fat	Saturated Fat
 Low/reduced fat 100% natural cheese	✓	✓
 Nuts, seeds, nut/seed butters	✓	✓
 Products consisting of only dried fruit with nuts/seeds (no added sweeteners or fats)	✓	✓
 Whole eggs (no added fat)	✓	✓
 Seafood (no added fat)	✓	

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Fat Exemptions Do Not Apply to Ingredients

- Reduced-fat cheese crackers
- Low-fat cheese sauce
- Cranberry walnut muffin
- Granola bars with nuts
- Trail mix with dried fruit and nuts
- Sesame seed crackers
- Pecan cookies
- Peanut butter cookies
- Peanut butter crackers
- Quiche



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Nutrients per Serving: Sodium


Standard per serving *
<ul style="list-style-type: none"> All foods except entrees: ≤ 200 milligrams Entrees: ≤ 480 milligrams
* Includes accompaniments



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Nutrients per Serving: Sugars



Standard per serving *

- ≤ 35 percent of total sugars by weight
- ≤ 15 grams of total sugars **
- No nonnutritive sweeteners or sugar alcohols


* Includes accompaniments
** Does not apply to the fruits and vegetables category

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Nutrients per Serving: Sugars

Snacks category: Smoothies



Standard per serving *

- ≤ 4 grams of total sugars per ounce
- No nonnutritive sweeteners or sugar alcohols
- Portion size limit
 - Elementary: ≤ 8 fluid ounces
 - Middle and high: ≤ 12 fluid ounces


* Includes accompaniments

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Nutrients per Serving: Sugars

Snacks category: Yogurt and pudding



Standard per serving *

- ≤ 4 grams of total sugars per ounce
- No nonnutritive sweeteners or sugar alcohols

* Includes accompaniments

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Sugar Exemptions

Dried whole fruits or vegetables *

Dried whole fruit or vegetable pieces *

Dehydrated fruits or vegetables *

* No added sweeteners or fats



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Sugar Exemptions



Products consisting of only dried fruit with nuts/seeds with no added sweeteners or fats



Frozen desserts containing only 100% juice/fruit and no added sweeteners

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Dried Cranberries Are Not Exempt



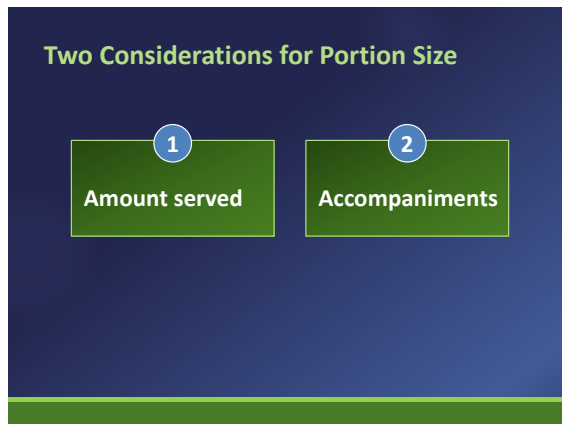
- Do not comply with CNS
- Cannot be sold separately from reimbursable meals

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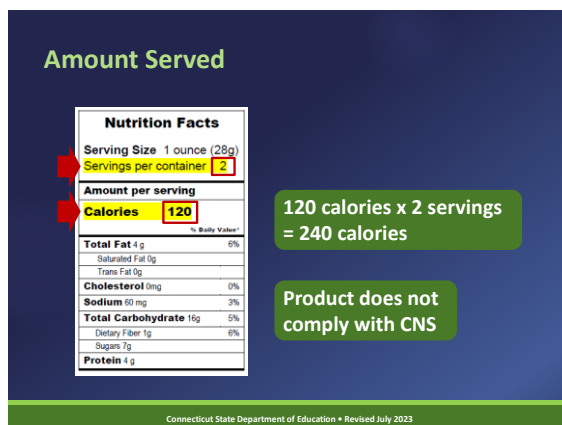
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5 Categories of Prohibited Ingredients

1. Nonnutritive sweeteners and sugar alcohols
2. Chemically altered fat substitutes
3. Caffeine
4. Significant fortification
5. Nutrition supplements



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Nonnutritive Sweeteners and Sugar Alcohols

- Nonnutritive sweeteners = no calories

Nonnutritive Sweeteners

Artificial

- Aspartame
- Acesulfame potassium
- Sucralose

Plant-based

- Stevia
- Monk fruit
- Thaumatin

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Nonnutritive Sweeteners and Sugar Alcohols


- Sugar alcohols = low in calories

- Sorbitol
- Mannitol
- Maltitol
- Erythritol

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Nonnutritive Sweeteners and Sugar Alcohols



Rationale

- CNS advocates whole or minimally processed foods that are naturally nutrient rich and low in added sugars




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Nonnutritive Sweeteners and Sugar Alcohols

- Check Ingredients




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Foods with Nonnutritive Sweeteners

Example 1: Light yogurt

Ingredients: Cultured grade A nonfat milk, water, strawberry, contains less than 1% of fructose, modified corn starch, natural and artificial flavors, carmine and black carrot juice concentrate (for color), sodium citrate, **SUCRALOSE**, potassium sorbate (to maintain freshness), malic acid, **ACESULFAME POTASSIUM**



Sucralose and acesulfame potassium = artificial sweeteners

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Foods with Nonnutritive Sweeteners

Example 2: Chewy granola bar



Ingredients: Granola (whole-grain rolled oats, brown sugar, crisp rice [rice flour, sugar, salt, malted barley extract], whole-grain rolled wheat, soybean oil, dried coconut, whole-wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole-grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil. contains 2% or less of **SORBITOL**, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavor, citric acid


Sorbitol = sugar alcohol

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Foods with Nonnutritive Sweeteners

Example 3: Whole-grain English muffin



Ingredients: Whole-wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor, sodium stearoyl lactylate, mono- and diglycerides, ethoxylated mono- and diglycerides, **SUCRALOSE**, soy lecithin, soy, whey (milk)

Sucralose = artificial sweetener

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Chemically Altered Fat Substitutes

- Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat

Terms to Know

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Chemically Altered Fat Substitutes


Examples

- Olean[®]
- Simplese[®]

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Chemically Altered Fat Substitutes




Rationale

- CNS advocates whole or minimally processed foods naturally low in fat
- Research has not addressed safety for children
- Not currently found but maintaining standard prevents future use

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Caffeine



Rationale

- Potential for adverse effects, including physical dependency and withdrawal



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Caffeine

Exceptions

- Foods with trace amounts of naturally occurring caffeine-related substances
 - Chocolate chip cookies
 - Coffee yogurt



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Significant Fortification

- Applies to products that are significantly fortified with nutrients at levels *not based on scientifically documented health needs*
- Does not apply to naturally nutrient-rich products



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Fortification


Fortification is the process of adding nutrients (usually vitamins or minerals) that were not originally present in a food or adding nutrients at levels that are higher than originally present

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Significant Fortification



Rationale

- CNS promotes needed nutrients through naturally nutrient-rich healthy food choices
- Significantly fortified foods and beverages could possibly lead to nutrient excess



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Nutrition Supplements

- Amino acids, e.g., taurine, glutamine, lysine, and arginine
- Extracts, e.g., green tea extract and gotu kola extract
- Herbs or other botanicals, e.g., ginseng and ginkgo biloba



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Nutrition Supplements




Rationale

- Efficacy and safety for consumption by children is not well known
- Some may have harmful side effects



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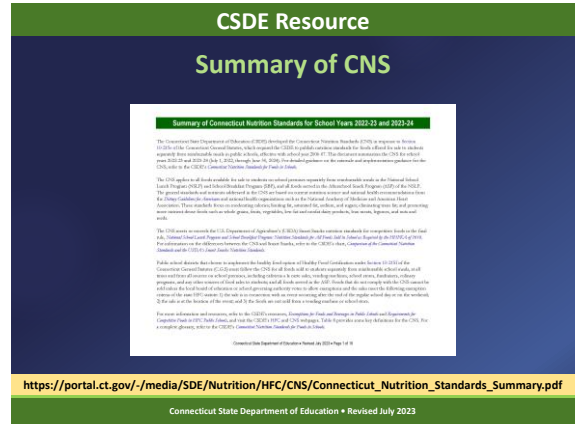


Resources

https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e

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CSDE Resource

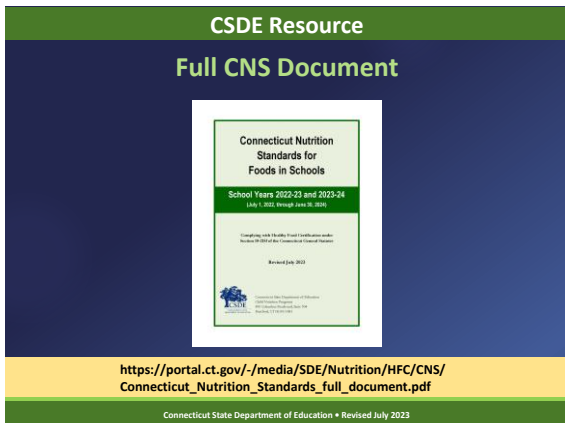
Summary of CNS

Summary of Connecticut Nutrition Standards for School Years 2022-23 and 2023-24

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Summary.pdf

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CSDE Resource

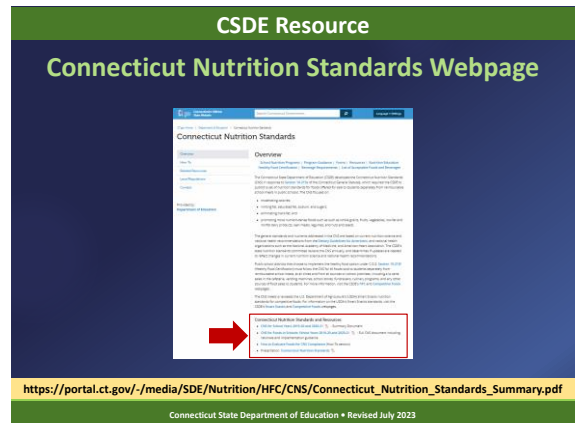
Full CNS Document

Connecticut Nutrition Standards for Foods in Schools
School Years 2022-23 and 2023-24
(July 1, 2022 through June 30, 2024)

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_full_document.pdf

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CSDE Resource

Connecticut Nutrition Standards Webpage

Connecticut Nutrition Standards

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Summary.pdf

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CSDE Resource

Healthy Food Certification Webpage

Healthy Food Certification (HFC)

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>

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Questions? Contact CSDE's HFC coordinator or school nutrition programs staff

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification/Contact>
<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countypassign.pdf>

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Thank you for participating in module 3!

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification/Related-Resources>

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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