

Complying with Healthy Food Certification (HFC) Knowledge Check for Module 2: HFC Requirements, Test Your HFC IQ

Complying with Healthy Food Certification (HFC)



**Knowledge Check for Module 2:
HFC Requirements**

Test Your HFC IQ



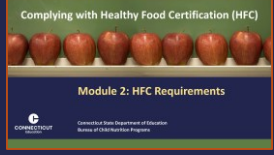
Connecticut State Department of Education
Bureau of Child Nutrition Programs

Revised March 2026

1

Recommendation

- Review this module after completing Module 2: HFC Requirements

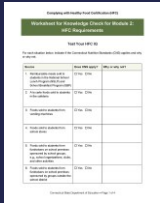


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2

Getting Ready: Download and Print

- Complying with Healthy Food Certification (HFC) Worksheet for Knowledge Check for Module 2: HFC Requirements
 - Test Your HFC IQ



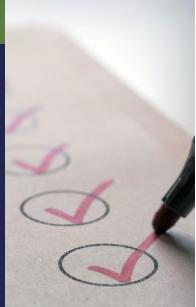
https://portal.ct.gov/-/media/sde/nutrition/hfc/complyinghfc/complying_hfc_module_2_worksheet_test_hfc_iq.pdf

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3

Knowledge Check Instructions


- Review different sources that sell foods to students
- Determine if CNS applies
- If needed, pause the video for more time before the answer appears



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4

Let's begin!



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5

Reimbursable Meals Sold to Students in the NSLP and SBP

- Does CNS apply?
 - Yes
 - No




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6

A La Carte Foods Sold to Students in the Cafeteria

- Does CNS apply?
 Yes *
 No

* Not eligible for food exemptions




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7

Foods Sold to Students from Vending Machines

- Does CNS apply?
 Yes *
 No

* HFC statute prohibits food exemptions



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8

Foods Sold to Students from School Stores

- Does CNS apply?
 Yes *
 No

* HFC statute prohibits food exemptions



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9

Foods Sold to Students from Fundraisers on School Premises Sponsored by School Groups

- Does CNS apply?
 Yes *
 No

* Unless sales meet food exemption criteria



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10

Foods Sold to Students from Fundraisers on School Premises Sponsored by Groups Outside School District

- Does CNS apply?
 Yes *
 No

* Unless sales meet food exemption criteria



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11

Foods Sold to Students from Fundraisers Held at Locations Off School Premises

- Does CNS apply?
 Yes
 No



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12

Family and Consumer Sciences Classes That Sell Foods to Students

Does CNS apply?

Yes

No



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13

Family and Consumer Sciences Classes That Give Foods to Students

Does CNS apply?

Yes

No *

* If CNPs are operating, state competitive foods regulation restricts giving certain foods and beverages to students



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14

Culinary Arts Programs That Sell Foods to Students

Does CNS apply?

Yes

No



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15

Culinary Arts Programs That Give Foods to Students

Does CNS apply?

Yes

No *

* If CNPs are operating, state competitive foods regulation restricts giving certain foods and beverages to students



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16

Foods Sold to Students from Summer School Programs Operated on School Premises by the School District

Does CNS apply?

Yes *

No

* Not eligible for food exemptions



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17


Foods Sold to Students in Schools That Operate Under an Interschool Agreement and Choose to Implement HFC

Does CNS apply?

Yes *

No

* Unless sales meet food exemption criteria



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18

Fee-based Programs and Activities on School Premises That Include the Cost of Foods Provided to Students

- Does CNS apply?
 - Yes *
 - No

* Not eligible for food exemptions



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19

Foods served in the USDA's Afterschool Snack Program (ASP)

- Does CNS apply?
 - Yes
 - No



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20

Adult Education Programs Operated by BOE on School Premises

- Does CNS apply?
 - Yes
 - No




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21

Food Sales to Adults, e.g., Snack Vending Machines in Teachers' Lounge

- Does CNS apply?
 - Yes
 - No



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22

Classroom Parties That Collect a Fee to Cover Cost of Foods Provided to Students During School Day

- Does CNS apply?
 - Yes *
 - No

* Not eligible for food exemptions



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23

Classroom Parties Where Parents Donate Foods That are Provided to Students

- Does CNS apply?
 - Yes
 - No *

* If CNPs are operating, state competitive foods regulation restricts giving certain foods and beverages to students



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24

Giving Students Coupons or Similar Items That are Redeemable for Foods

- Does CNS apply?
 - Yes
 - No



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25

Meetings on School Premises That Sell Foods to Students


- Does CNS apply?
 - Yes *
 - No
- * Not eligible for food exemptions



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26

Knowledge Check Complete




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27

CSDE Webpage

Guidance and Resources section

- Healthy Food Certification webpage



<https://portal.ct.gov/sde/nutrition/healthy-food-certification/guidance-and-resources>

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28

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/countyassign.pdf>

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29

Thank you for participating!



<https://portal.ct.gov/sde/nutrition/healthy-food-certification/hfc-training-program>

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30

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