



**Complying with Healthy Food Certification (HFC)**

**Knowledge Check for Module 5: Laws for Foods and Beverages in HFC Schools**

**What State Laws Apply to HFC Schools**



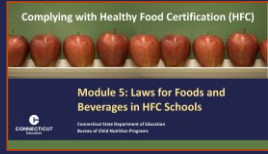
Connecticut State Department of Education  
Bureau of Child Nutrition Programs

Revised March 2026

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**Recommendation**

- Review this module after completing Module 5: Laws for Foods and Beverages in HFC Schools

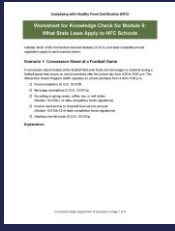


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**Getting Ready: Download and Print**

- Use Worksheet for Knowledge Check for Module 5: What State Laws Apply to HFC Schools




[https://portal.ct.gov/-/media/sde/nutrition/hfc/complyinghfc/complying\\_hfc\\_module\\_5\\_worksheet\\_what\\_laws\\_apply.pdf](https://portal.ct.gov/-/media/sde/nutrition/hfc/complyinghfc/complying_hfc_module_5_worksheet_what_laws_apply.pdf)

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**Knowledge Check Instructions**

- Review five scenarios of food and beverage sales to students
- Decide which state laws apply to each scenario
- If needed, pause the video for more time before the answer appears



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**Reminder: Five State Laws for Competitive Foods and Beverages in HFC Schools**

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**Reminder: Five State Laws**

- Food exemptions for Healthy Food Certification (HFC) (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSFSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)

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**Let's begin!**



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**Scenario 1: Concession Stand at Football Game**



Concession stand located at football field sells foods and beverages to students during football game after the school day from 4:00 – 6:00 PM

ASP operates from 4:30 – 5:30 PM


**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSFSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)

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**Scenario 1: Concession Stand at Football Game ANSWER**



Concession stand located at football field sells foods and beverages to students during football game after the school day from 4:00 – 6:00 PM

ASP operates from 4:30 – 5:30 PM


**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
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- Nutritious and low-fat foods (C.G.S. 10-221p)

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**Scenario 2: Fundraiser Sales**



Fundraiser sells cookies to students from 1:30 – 2:00 PM

Cookies comply with CNS

CNPs not operating


**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSFSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)

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**Scenario 2: Fundraiser Sales ANSWER**



Fundraiser sells cookies to students from 1:30 – 2:00 PM

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**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
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- Nutritious and low-fat foods (C.G.S. 10-221p)

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**Scenario 3: Vending Machine Sales**



Vending machines located by gym sell compliant foods and beverages all day

SBP operates from 7:00 – 8:00 AM

NSLP operates from 12:00 – 1:30 PM

**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSFSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)

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### Scenario 3: Vending Machine Sales ANSWER


Vending machines located by gym sell compliant foods and beverages all day

SBP operates from 7:00 – 8:00 AM

NSLP operates from 12:00 – 1:30 PM

**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSPSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)



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### Scenario 4: School Store Sales


Official school day ends at 2:30 PM

School store sell compliant foods and beverages to students on school premises from 3:00 – 4:00 PM

ASP operates from 3:00 – 3:30 PM

**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSPSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)



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### Scenario 4: School Store Sales ANSWER


Official school day ends at 2:30 PM

School store sell compliant foods and beverages to students on school premises from 3:00 – 4:00 PM

ASP operates from 3:00 – 3:30 PM

**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSPSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)



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### Scenario 5: Culinary Program Sales

Culinary program sells compliant foods and beverages to students on school premises from 12:00-1:00 PM

NSLP operates from 12:00-1:00 PM

**What state laws apply?**

- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSPSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)



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### Scenario 5: Culinary Program Sales ANSWER

Culinary program sells compliant foods and beverages to students on school premises from 12:00-1:00 PM

NSLP operates from 12:00-1:00 PM

**What state laws apply?**


- Food exemptions (C.G.S. 10-215f)
- Beverage exemptions (C.G.S. 10-221q)
- No selling/giving candy, coffee, tea, and soft drinks while CNPs operate (Section 10-215b-1 of state regulations)
- Income must accrue to NSPSA while CNPs operate (Section 10-215b-23 of state regulations)
- Nutritious and low-fat foods (C.G.S. 10-221p)



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### Knowledge Check Complete

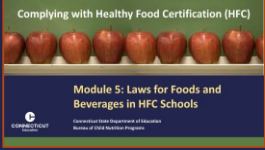


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**More Information About State/Federal Laws**

- Module 5: Laws for Foods and Beverages in HFC Schools



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

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**More Information About Competitive Foods**

- Competitive Foods in Schools webpage
  - HFC Public Schools section



<https://portal.ct.gov/sde/nutrition/competitive-foods/hfc-public-schools>

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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/countyassign.pdf>

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**Thank you for participating!**

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

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