

This list includes commercial nuts, seeds, nut and seed butters, trail mix, and jerky that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with the CNS based on the amount **as served** including any **added accompaniments**. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice" recommendations (refer to the green and white columns on the right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE's [List of Acceptable Foods and Beverages](#) webpage is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, refer to [Contact Information for Vendors](#).

Note: The approval below is only for the product exactly as listed. If the product is sold a la carte combined with any accompaniments, the nutrition information for the accompaniments must be added to the nutrition information for the product to determine if the serving still complies with the CNS (refer to the CSDE's [CNS worksheets](#)). This documentation must be maintained on file by the district and be available upon request for the CSDE's annual Healthy Food Certification (HFC) documentation review.

NUTS, SEEDS, TRAIL MIX, AND JERKY, including nut and seed butters, soy nuts, and bars containing only fruits and nuts

NUTS, SEEDS, TRAIL MIX, AND JERKY, including nut and seed butters, soy nuts, and bars containing only fruits and nuts				SNACKS															Better Choice Recommendations Choose products that meet all recommendations					
				General Standards	Nutrient Standards																			
					1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	Nuts, seeds, and nut/seed butters are exempt from the fat and saturated fat standards			<0.5 g	No partially hydrogenated oils	≤200 mg		100% fruit is exempt from the sugar standards		No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine						
	≤35% of total calories		<10% of total calories	≤15 g			≤35% by weight																	
Manufacturer	Food item	Package or serving size	Weight (g)	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
88 Acres Foods, Inc	Maple Sunflower Seed Butter, 1.18 oz pouch	1.12 oz	32	FG	190	16.0	75.8%	1.5	7.1%	0	yes	10	3	3	9.4%	yes	yes	yes	88 Acres Foods, Inc	UPC 8-57851-00518-6; Case (100 count) UPC 108-57851-00521-3	1/5/24	X	X	X
88 Acres Foods, Inc	Pumpkin Seed Butter, 1.18 oz pouch	1.12 oz	32	FG	190	17.0	80.5%	2.5	11.8%	0	yes	10	2	3	9.4%	yes	yes	yes	88 Acres Foods, Inc	UPC 8-57851-00521-6; Case (100 count) UPC 108-57851-00518-3	1/5/24	X	X	
Azar	Power Snacks Sunflower Kernels, 1 oz package	1 oz	28	FG	170	15.0	79.4%	1.0	5.3%	0	yes	140	2	1	3.5%	yes	yes	yes	Thurston Foods, Hartford Provision	Code 7220010; Case (150 count) UPC 100-76500-72200-8	5/17/19	X	X	

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				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	Nuts, seeds, and nut/seed butters are exempt from the fat and saturated fat standards				<0.5 g	No partially hydrogenated oils	≤200 mg		100% fruit is exempt from the sugar standards		No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine						
Manufacturer	Food item	Package or serving size	Weight (g)	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
Azar	Power Snacks Sunflower Kernels, Honey Roasted, 1 oz package	1 oz	28	FG	170	15.0	79.4%	1.0	5.3%	0	yes	65	2	3	10.6%	yes	yes	yes	Thurston Foods, Hartford Provision	Code 7220210; Case (150 count) UPC 100-76500-72202-2	8/21/23	X	X	
Link Snacks, Inc.	Jack Links Beef Jerky, Original, 0.85 oz package	0.85 oz	24	FG	70	1.5	19.3%	0.5	6.4%	0	yes	180	0	5	20.7%	yes	yes	yes	Thurston, Vistar	Item 10000007721; UPC 0-17082-87651-5; Case (48 count) UPC 10000007721	12/22/23	X	X	
Link Snacks, Inc.	Jack Links Beef Jerky, Teriyaki, 0.85 oz package	0.85 oz	24	FG	70	1.5	19.3%	0.5	6.4%	0	yes	170	0	5	20.7%	yes	yes	yes	Thurston, Vistar	Item 10000007716; UPC 0-17082-87649-2; Case (48 count) UPC 100-17082-87649-9	12/22/23	X	X	NA
National Food Group	Zee Zee's Roasted Sunflower Kernels Honey Roasted, 1.2 oz package	1.2 oz	34	FG	190	15.0	71.1%	2.0	9.5%	0	yes	65	3	5	14.7%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Code C88090; UPC 8-10358-03265-9; Case (250 count) UPC 208-10358-03265-3	1/18/24	X	X	X
National Food Group	Zee Zee's Roasted Sunflower Kernels Spicy, 1.2 oz package	1.2 oz	34	FG	190	17.0	80.5%	2.5	11.8%	0	yes	180	4	1	2.9%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Code C89000; UPC 8-10358-03267-3; Case (250 count) UPC 208-10358-03267-7	1/18/24	X	X	X
National Food Group	Zee Zee's Roasted Sunflower Kernels, 1.2 oz package	1.2 oz	34	FG	200	17.0	76.5%	3.0	13.5%	0	yes	135	4	1	2.9%	yes	yes	yes	Ace Endico, National Food Group, Thurston, Gordon Food Service	Code C87860; UPC 8-10358-03266-6; Case (250 count) UPC 208-10358-03266-0	1/18/24	X	X	X

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				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	Nuts, seeds, and nut/seed butters are exempt from the fat and saturated fat standards				<0.5 g	No partially hydrogenated oils	≤200 mg		100% fruit is exempt from the sugar standards		No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine						
	≤35% of total calories		<10% of total calories			≤15 g	≤35% by weight																	
Manufacturer	Food item	Package or serving size	Weight (g)	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
Second Nature Brands	Kar's Mango Pineapple Trail Mix, Unsalted, 1.5 oz package	1.5 oz	43	FG	200	14.0	63.0%	1.5	6.8%	0	yes	5	3	12	28.2%	yes	yes	yes	Vistar, Sultana, Thayer	UPC 0-77034-08964-6; Case (72 count) UPC 100-77034-08964-3	1/12/24	X	X	X
Second Nature Brands	Kar's Original Trail Mix, Unsalted, 1.5 oz package	1.5 oz	43	FG	200	12.0	54.0%	1.5	6.8%	0	yes	25	2	14	32.9%	yes	yes	yes	Vistar, Sultana, Thayer	UPC 0-77034-08963-9; Case (72 count) UPC 100-77034-08963-9	1/18/24	X	X	
Second Nature Brands	Kar's Roasted Salted Almonds, 1 oz package	1 oz	28	FG	170	15.0	79.4%	1.0	5.3%	0	yes	95	3	1	3.5%	yes	yes	yes	Vistar, Sultana, Thayer	Item 8971; UPC 0-77034-08971-4; Case (100 count) UPC 100-77034-08971-1	1/12/24	X	X	X
Second Nature Brands	Kar's Roasted Salted Cashews, 1 oz package	1 oz	28	FG	160	13.0	73.1%	2.0	11.3%	0	yes	85	1	2	7.1%	yes	yes	yes	Vistar, Sultana, Thayer	Item 8980; UPC 0-77034-08980-4; Case (100 count) UPC 100-77034-08980-3	1/12/24	X	X	
Sunbutter	Sunbutter Sunflower Seed Butter, Creamy, Bulk, 1.1 oz (2 Tbsp)	1.1 oz	32	FG	200	17.0	76.5%	3.0	13.5%	0	yes	120	2	4	12.5%	yes	yes	yes	HPC, Sysco CT, Thurston	Bulk Item. Six 5-lb tubs: code 19010A; case UPC 7-37539-19125-0 ; two 5-lb tubs: code 19212; UPC 7-37539-19212-7; six 28-ounce jars: code SB19055; UPC 007-37539-19212-7. Serving size cannot exceed 2 tablespoons.	10/6/22	X	X	

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				1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories	Nuts, seeds, and nut/seed butters are exempt from the fat and saturated fat standards				≤0.5 g	No partially hydrogenated oils	≤200 mg	Fiber (g)	100% fruit is exempt from the sugar standards		No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine						
	≤35% of total calories		<10% of total calories			≤15 g	≤35% by weight																	
Manufacturer	Food item	Package or serving size	Weight (g)	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
Sunbutter	Sunbutter Sunflower Seed Butter, Creamy, Bulk, 1.1 oz cup (2 Tbsp)	1.1 oz	31	FG	200	16.0	72.0%	2.0	9.0%	0	yes	120	4	3	9.6%	yes	yes	yes	HPC, Sysco CT, Thurston	Code 19368; Case (200 count) UPC 007-37539-19368-1	10/6/22	X	X	X
Sunbutter	Sunbutter Sunflower Seed Butter, Creamy, Bulk, 1.1 oz pouch (2 Tbsp)	1.1 oz	31	FG	200	16.0	72.0%	2.0	9.0%	0	yes	120	4	3	9.6%	yes	yes	yes	HPC, Sysco CT, Thurston	Code 19541; Case (200 count) UPC 007-37539-19541-8	10/6/22	X	X	X
Sunrich Products LLC	Honey Roasted Premium Sunflower Kernels, 1.2 oz package	1.2 oz	34	FG	190	15.0	71.1%	1.5	7.1%	0	yes	65	3	5	14.7%	yes	yes	yes		Code FG-1231780; UPC 7-82758-03211-2; Case (150 count) UPC 108-10304-03211-2	1/12/24	X	X	X
Sunrich Products LLC	Roasted and Salted Premium Sunflower Kernels, 1.2 oz package	1.2 oz	34	FG	170	14.0	74.1%	1.5	7.9%	0	yes	110	3	1	0.0%	yes	yes	yes		Code FG-1105050; UPC 7-82758-03212-9; Case (150 count) UPC 108-10304-03212-9	1/12/24	X	X	X
Sunrich Products LLC	Sunrich Blazin' Hot Roasted Sunflower Natural Kernels, 1.2 oz package	1.2 oz	34	FG	200	17.0	76.5%	2.5	11.3%	0	yes	170	3	1	0.0%	yes	yes	yes		Code FG-1231781; UPC 7-82758-03213-6; Case (150 count) UPC 108-10304-03213-6	1/12/24	X	X	X
Wowbutter Food	Soy Nut Butter, Creamy, 2 Tbsp serving from bulk 22 pound pail	1.12 oz	32	FG	200	15.0	67.5%	3.0	13.5%	0	yes	100	2	4	12.6%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 70770; 22 pound pail UPC 107-73948-70770-2	12/22/23	X	X	

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	≤35% of total calories		<10% of total calories			≤15 g	≤35% by weight																	
Manufacturer	Food item	Package or serving size	Weight (g)	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	% Sugars by weight	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber
Wowbutter Food	Soy Nut Butter, Crunchy, 2 Tbsp serving from bulk 1.1 pound jar	1.12 oz	32	FG	200	15.0	67.5%	3.0	13.5%	0	yes	100	2	4	12.6%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 20101; UPC 7-73948-20101-2; Case (six 11 pound jars) UPC 107-73948-20101-6	12/22/23	X	X	
Wowbutter Food	Wowbutter Soy Nut Butter, Creamy Bulk, 2 Tbsp serving from bulk 4.4 pound jar	1.12 oz	32	FG	200	15.0	67.5%	3.0	13.5%	0	yes	100	3	3	9.4%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 10920; UPC 7-73948-40100-9; Case (two 44 lb jars) UPC 107-73948-40100-3	12/22/23	X	X	X
Wowbutter Food	Wowbutter Soy Nut Butter, Creamy, 0.56 oz cup	0.56 oz	16	FG	100	8.0	72.0%	1.5	13.5%	0	yes	50	1	1	6.3%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 10915; Case (200 count) UPC 107-73948-10915-5	12/22/23	X	X	
Wowbutter Food	Wowbutter Soy Nut Butter, Creamy, 1.12 oz from bulk 1.1 pound jar	1.12 oz	32	FG	200	15.0	67.5%	3.0	13.5%	0	yes	100	2	4	12.6%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 20100; Case (six 11 pound jars) UPC 107-73948-20100-9	12/22/23	X	X	
Wowbutter Food	Wowbutter Soy Nut Butter, Creamy, 1.12 oz portion cup	1.12 oz	32	FG	200	15.0	67.5%	3.0	13.5%	0	yes	100	3	3	9.4%	yes	yes	yes	Sysco CT, Thurston, US Foods	Code 10920; Case (100 count) UPC 107-73948-10920-9	12/22/23	X	X	X