Water and juice beverages must comply with Section 10-221q of the Connecticut General Statutes (C.G.S) and the USDA Smart Snacks nutrition standards for competitive foods. Water and juice beverages must contain some portion of 100 percent juice mixed with water (with or without carbonation), and cannot contain any added sugars, sweeteners. They must also meet additional requirements, which are summarized in Requirements for Beverages Containing Water and Juice (https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/WaterJuiceBev.pdf). These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f.

This list includes products that comply with STATE AND FEDERAL requirements. 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. For more information, see *Submitting Food and Beverage Products for Approval* (https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/SubmitProduct.pdf).

The CSDE's List of Acceptable Foods and Beverages 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, see Contact Information for Vendors (https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/VendorContact.pdf).

For additional information on complying with the state beverage statute, see the CSDE's handouts, *Allowable Beverages in Connecticut Public Schools* (https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/AllowableBeverages.pdf) and *Questions and Answers on Connecticut Statutes for School Food and Beverages* (https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CTStatutesQA.pdf), and the CSDE's Beverages webpage (https://portal.ct.gov/SDE/Nutrition/Beverage-Requirements/Documents).

	ES CONTAINING ON TH 100% JUICE (wit bonation)				STATE	AND FE			IREMEN								NLY WATE	R AND JUI	CE				
	: Portion size limit of 8 fluid										No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine			
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review
Apple & Eve	Cool Waters, Cherry, 15% juice, 6.75 Fl oz	6.8 fl oz	15	0	0%	0	0%	0	5	0	3	yes	yes	yes	yes	yes	yes	yes	yes	×	HFC Thurston	Item 83008CB; UPC 0-76301-83008-0; Case (5/8pack) UPC 100-76301-83008-7. Does not meet meal pattern requirements for 100% juice.	3/1/19

	S CONTAINING ON TH 100% JUICE (wit conation)				STATE	AND FE			IREMEN								NLY WATE	R AND JUI	CE				
	Portion size limit of 8 fluid GH: Portion size limit of 1										No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine			
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review
Apple & Eve	Cool Waters, Strawberry, 15% juice, 6.75 Fl oz	6.8 fl oz	15	0	0%	0	0%	0	5	0	ω	yes	yes	yes	yes	yes	yes	yes	yes	x	HFC Thurston	Item 83007CB; UPC 0-76301-83007-3; Case (5/8pack) UPC 100-76301-83007-0. Does not meet meal pattern requirements for 100% juice.	3/1/19
Apple & Eve	Cool Waters, Tropical Punch, 20% juice, 6.75 Fl oz	6.8 fl oz	20	0	0%	0	0%	0	5	0	4	yes	yes	yes	yes	yes	yes	yes	yes	x	HFC Thurston	Item 83009CB; UPC 0- 76301-83009-7; Case (5/8pack) UPC 100-76301- 83009-4. Does not meet meal pattern requirements for 100% juice.	3/1/19
Campbell's	V8 Sweet Greens (75% Juice and 25% water), 12 fl oz plastic bottle	12 fl oz	120	0	0%	0	0%	0	100	1	23	yes	yes	yes	yes	yes	yes	yes	yes	X	HPC, GFS/Perkins, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England	Code 24768; UPC 0-51000- 24768-1; Case (12 count) UPC 100-51000-24768-8. Does not meet meal pattern requirements for 100% juice.	12/28/18

	ES CONTAINING ON FH 100% JUICE (wit bonation)				STATE	AND FE			IREMEN								NLY WATE	R AND JUI	CE				
	Portion size limit of 8 fluid										No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine			
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review
Campbell's	V8 Veggie Blends Lower Sugar Carrot (75% Juice and 25% water), 8 fl oz serving (from bulk container)	8 fl oz	60	0	0%	0	0%	0	110	1	10	yes	yes	yes	yes	yes	yes	yes	yes	x	Sysco CT,	Code 21797 (6/46 oz); UPC 0-51000-21797-4; Case UPC 100-05100-21797-1.  Does not meet meal pattern requirements for 100% juice.	12/28/18
Campbell's	V8 Veggie Blends Lower Sugar Healthy Greens, 75% Juice, 8 fl oz serving (from bulk 46 fl oz container)	8 fl oz	60	0	0%	0	0%	0	200	0	11	yes	yes	yes	yes	yes	yes	yes	yes	X		Code 21738 (6/46 oz); UPC 0-51000-21738-7; Case (6 count) UPC 10-05100-02173-84. Bulk item: Approval applies to one 8-fluid ounce serving. Does not meet meal pattern requirements for 100% juice.	. 11/14/19
Honest Tea, Inc.	Honest Organic Juice Drink (43% juice), Fruit Punch, 10 fl oz plastic bottle	10 fl oz	70	0	0%	0	0%	0	25	0	15	yes	yes	yes	yes	yes	yes	yes	yes	X	Coca-Cola of Northern New England; Liberty Coke	UPC 6-57622-52912-1; Case (24 count) UPC UPC 6-57622-52913-8. Does not meet meal pattern requirements for 100% juice.	5/25/18

	S CONTAINING ON FH 100% JUICE (with bonation)				STATE	AND FE			IREMEI .S. Sec								ONLY WATE	R AND JUI	CE				
	Portion size limit of 8 flui										No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine			
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review
lzze	Izze Sparkling Juice Beverage, Cherry Lime (70% juice), 8.4 fl oz can	8.4 fl oz	90	0	0%	0	0%	0	25	0	20	yes	yes	yes	yes	yes	yes	yes	yes	х	Thurston	UPC 8-36093-01085-1; Case (24 count) UPC 008- 36093-01084-4. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply.	2/27/19
lzze	Izze Sparkling Juice Blackberry (70% juice), 12 f oz can	I 12 fl oz	130	0	0%	0	0%	0	25	0	29	yes	yes	yes	yes	yes	yes	yes	yes	x		UPC 8-36093-40118-5; Case UPC 108-36093- 40118-2. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply.	4/28/16

	ES CONTAINING ON FH 100% JUICE (wit bonation)				STATE	AND FE	DERAL F		IREMEI .S. Sec								ONLY WATE	R AND JUI	CE				
	Portion size limit of 8 fluid										No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine			
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review
Izze	Izze Sparkling Juice Clementine (70% juice), 12 fl oz can	12 fl oz	120	0	0%	0	0%	0	25	0	27	yes	yes	yes	yes	yes	yes	yes	yes	x		UPC 8-36093-40117-8; Case UPC 008-36093- 40117-5. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply.	. 4/28/16
Izze	Izze Sparkling Juice Peach (70% juice), 8.4 fl oz can	8.4 fl oz	90	0	0%	0	0%	0	15	0	21	yes	yes	yes	yes	yes	yes	yes	yes	x	Thurston	UPC 0-836093-01052-3; Case (24 count) UPC 108- 36093-01052-0. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply.	. 2/3/17
Litl' Squirts, LLC	Litl' Squirts Blueberry Apple Natural Maine Spring Water (51% juice), 8 fl oz plastic bottle	8 fl oz	70	0	0%	0	0%	0	5	0	16	yes	yes	yes	yes	yes	yes	yes	yes	x	Costa	Code LSBA8; UPC 8-51968 00410-0. Does not meet meal pattern requirements for 100% juice.	9/15/15

	ES CONTAINING ON FH 100% JUICE (wit bonation)				STATE	AND FE	DERAL F		IREMEI .S. Sec								ONLY WATE	R AND JUI	CE				
	Portion size limit of 8 fluid										No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine			
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review
Litl' Squirts, LLC	Litl' Squirts Blueberry Lemonade Natural Maine Spring Water (51% juice), 8 fl oz plastic bottle	8 fl oz	70	0	0%	0	0%	0	10	0	16	yes	yes	yes	yes	yes	yes	yes	yes	x	Costa	Code LSBL8; UPC 8-51968-00412-4. Does not meet meal pattern requirements for 100% juice.	9/15/15
Litl' Squirts, LLC	Litl' Squirts Cranberry Orange Natural Maine Spring Water (51% juice), 8 fl oz plastic bottle	8 fl oz	70	0	0%	0	0%	0	10	0	16	yes	yes	yes	yes	yes	ves	yes	ves	×	Costa	Code LSCO8; UPC 8- 51968-00413-1. Does not meet meal pattern requirements for 100% juice.	9/15/15
Litt' Squirts, LLC	Litl' Squirts Raspberry Apple Natural Maine Spring Water (51% juice), 8 fl oz	8 fl oz	70	0	0%	0	0%	0	10	0	15	yes	yes	yes	yes	yes	yes	yes	yes	X	Costa	Code LSRA8; UPC 8-51968 00411-7.Does not meet meal pattern requirements for 100% juice.	
Planet Fuel Beverage	Organic Juice and Water, Apple Grape (71% juice), 10 fl oz can	10 fl oz	100	0	0%	0	0%	0	15	0	24	yes	yes	yes	yes	yes	yes	yes	yes	x	M&R, Planet Fuel Beverage	UPC 8 -53316-00212-7; Four-pack UPC 8 -53316- 00215-8. Does not meet meal pattern requirements for 100% juice.	3/22/17

	S CONTAINING ON TH 100% JUICE (with conation)				STATE	AND FE			IREMEN								NLY WATE	R AND JUI	CE				
	Portion size limit of 8 fluid GH: Portion size limit of 1										No added sugars	Vitamin C	Calcium	Potassium	vitamin D	Fiber	No other fortification	No nutrition supplements	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine			
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g)	≤100%	≤10%	≤10%	≤10%	≤10%	Standard Met?	Standard Met?	Standard Met?	Standard Met?	Vendor	Notes	Date of Review
Planet Fuel Beverage	Organic Juice and Water, Mango Pear Lime (53% juice), 10 fl oz can	10 fl oz	85	0	0%	0	0%	0	5	0	18	yes	yes	yes	yes	yes	yes	yes	yes	X	M&R, Planet Fuel Beverage	UPC 8 -53316-00214-1; Four-pack UPC 8 -53316- 00217-2. Does not meet meal pattern requirements for 100% juice.	3/22/17
Company and	100% Monk Fruit Juice (2% juice) and Natural Flavor (may contain any one of the following natural flavors: Raspberry, Strawberry, Lime, Lemon, Acai, Orange, Blueberry, Pomegranate, Cucumber, Watermelon, Grape, Mixed Berry, Melon, 16 fl oz	16 fl oz	0	0	0%	0	0%	0	0	0	0	yes	yes	yes	yes	yes	yes	yes	yes	X		Bulk water dispensing system. Does not meet meal pattern requirements for 100% juice.	2/22/17