

Healthy Food Certification (HFC) Fundraiser Requirements



CONNECTICUT STATE
DEPARTMENT OF EDUCATION

**Connecticut State Department of Education (CSDE)
Bureau of Health/Nutrition, Family Services and Adult Education**

About this Presentation

- This presentation provides general guidance regarding the fundraiser requirements for HFC public schools under Section 10-215f of the Connecticut General Statutes (CGS)
- For specific questions or technical assistance, please contact the Connecticut State Department of Education (CSDE)
- See slides 115-116 for CSDE contact information

Abbreviations

ASP	Afterschool Snack Program
CGS	Connecticut General Statutes
CNP	Child Nutrition Programs
CNS	Connecticut Nutrition Standards
CSDE	Connecticut State Department of Education
HFC	Healthy Food Certification
NSLP	National School Lunch Program
SBP	School Breakfast Program
USDA	U.S. Department of Agriculture

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Overview of HFC Requirements



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

Overview of HFC Requirements

- CGS Section 10-215f requires that *all public schools participating in the NSLP* must *certify annually by July 1* to the CSDE whether they will or will not follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable meals (competitive foods)
- Schools that follow the CNS receive additional state funding
- Private schools and residential child care institutions are not eligible for HFC

Connecticut Nutrition Standards

- Applies to all foods sold to students on school premises *separately* from reimbursable meals (competitive foods), including fundraisers
- Requires foods to meet
 - at least one *general standard*
 - *all nutrient standards* for the specific food category (calories, fat, saturated fat, trans fat, sodium, sugars)
- Promotes *nutrient-rich foods* such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes, and lean meats

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

Sale

The exchange of a determined amount of *money or its equivalent* (such as coupons, tickets, tokens, and similar items) for foods and beverages, including

- programs and activities that charge a fee that includes the cost of foods and beverages provided to students
- activities that suggest a student donation in exchange for foods and beverages



Fundraisers

Any activities conducted by any school-related or outside organization or group on school premises, during which *money or its equivalent is exchanged for the purchase of a product* in support of the school or school-related activities



- Includes activities that suggest a *student donation* in exchange for foods and beverages

School Premises

All areas of the property *under the jurisdiction* of the local or regional board of education, the regional vocational-technical school system (Connecticut Technical Education and Career System (CTECS)), or the governing authority district or school



Food Exemptions



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

Food Exemptions

- Foods that do not comply with the CNS cannot be sold to students unless
 - the board of education or governing authority *votes* to allow food exemptions (part of the district's annual HFC statement) **AND**
 - the food and beverage sales meet the *three exemption criteria* (see slides 13 and 36)

Sales must also comply with additional state requirements (see slides 28-60)

Three Exemption Criteria for Foods

1. The sale is in connection with an *event* occurring *after* the end of the regular school day or on the weekend



2. The sale is at the *location* of the event

3. The foods are not sold from a vending machine or school store

Regular School Day

The period from *midnight before to 30 minutes after* the end of the official school day



Example

- If the school officially ends at 3:00 PM, the school day is from midnight through 3:30 PM
- If the board has voted to allow exemptions, noncompliant foods could be sold at the location of an event held anytime from 3:31 PM through 11:59 PM

Event

An occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity



Event	Not An Event
soccer game	soccer practice
high school debate	debating team practice
school play	play rehearsals
school chess match	chess club

Examples of Events *

- Awards banquets
- Boy Scout Blue & Gold Dinner
- Craft fairs
- Debate team competitions
- Election day (if school is not in session)
- Family bingo nights
- Field days
- Math team competitions
- Mock trial competitions
- School carnivals
- School concerts
- School dances
- School fairs, e.g., health, science, and math
- Silent auctions
- Sports banquets
- Sports games, tournaments and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball, and cross country
- Talent shows
- Theatrical productions

* **This list is not all-inclusive**

Contact the CSDE to determine whether specific district fundraising activities meet the definition of event

Location

The *same place* where the event is being held

Example

If a school allows food and beverage exemptions, cupcakes and lemonade could be sold on the side of the baseball field during a baseball game, but cannot be sold in the school cafeteria while a baseball game is being played on the baseball field



CSDE Resource

Exemptions for Foods and Beverages in Public Schools

- Summarizes the state requirements and provides guidance and specific motion language for exemptions

Exemptions for Foods and Beverages in Public Schools

This document summarizes the requirements for allowing food exemptions under Healthy Food Certification (HFC), which are mandated by Section 10-215f of the Connecticut General Statutes (C.G.S.); and the requirements for allowing beverage exemptions in public schools, which are mandated by C.G.S. Section 10-221q. It also provides motion language for the board of education or governing authority's votes to allow food exemptions and beverage exemptions.

Each public school sponsor of the National School Lunch Program (NSLP) must complete their annual HFC Statement (Addendum to Agreement for Child Nutrition Programs (ED-099)) by July 1 of each year. The HFC Statement is completed online in the Connecticut State Department of Education's (CSDE) Online Application and Claiming System for Child Nutrition Programs (CNP System), as part of the sponsor's application module for participation in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs. The final board-approved meeting minutes must be uploaded with the submission of the annual HFC Statement, and must indicate the results of the board votes for whether they will:

- adopt the healthy food option under HFC; and
- allow food exemptions to the healthy food option under HFC (if the district votes to implement the healthy food option); and
- allow beverage exemptions under C.G.S. Section 10-221q (if the district chooses to allow beverage exemptions).

The language in the final board-approved meeting minutes must reflect the specific criteria required by C.G.S. Section 10-215f for participating in the healthy food option of HFC and allowing food exemptions. For detailed guidance on the 2020-21 HFC application process, see CSDE Operational Memorandum 05-20: *Process for Submitting the Healthy Food Certification (HFC) Statement for School Year 2020-21*. For additional information on the HFC application process, visit the "Apply" section of the CSDE's HFC webpage.

If the district chooses to allow beverage exemptions, the CSDE recommends that the board of education or governing authority conducts the vote on beverage exemptions at the same time as the HFC votes. The language in the final board-approved meeting minutes must reflect the specific criteria for beverage exemptions required by C.G.S. Section 10-221q. For more information, see "Beverages" on page 3.

Note: Schedule the HFC votes at a meeting of the board of education or governing authority that occurs **before April 30**, so the district can submit the **final board approved meeting minutes** to the CSDE by the **July 1** deadline. The CSDE cannot accept **draft** meeting minutes to approve the HFC application. Districts must schedule the initial board meeting early enough to enable timely submission of the final board-approved meeting minutes.

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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FoodBeverageExemptions.pdf>

Fundraiser Orders



Timing of Distribution and Consumption

- The CNS and state beverage statute apply to *all fundraisers on school premises* (including coupons and similar items that can be redeemed for foods and beverages) regardless of when students will
 - *receive* the foods and beverages
 - *consume* the foods and beverages



Example of Timing of Distribution and Consumption

- A school club cannot sell *tickets* to students on Monday for candy that will be distributed to students on school premises during the school day on Friday
 - Candy does not comply with the CNS
 - This fundraiser is *ineligible* for food exemptions under HFC because the ticket sales do not occur at the location of at event held after the school day or on the weekend (see slide 13)



Purchased Form of Food or Beverage

- The CNS and state beverage statute apply to all fundraisers on school premises regardless of the *purchased form* of the food or beverage, such as



- *precooked products*, e.g., frozen cookie dough, frozen pies, and frozen pizza
- *products in bulk quantities* (multiple servings per package), e.g., boxes or bags of candy bars, Girl Scout cookies, popcorn, tea bags, hot chocolate packets, and gourmet coffee

Example of Purchased Form of Food

- A fundraiser cannot distribute orders of *frozen cookie dough* to students on school premises (regardless of when the cookie dough will be consumed), unless the cookie dough complies with the CNS
 - This fundraiser is *ineligible* for food exemptions under the state HFC statute because the distribution does not occur at the location of an event held after the school day or on the weekend (see slide 13)



Acceptable Procedures for Fundraiser Orders

1. Students bring fundraiser orders and money to school



Acceptable Procedures for Fundraiser Orders

2. Distribution of fundraiser foods and beverages complies with one of the following procedures
 - *Parents or other adults* pick up the foods and beverages on school premises
 - Students pick up the foods and beverages at an *event* on school premises that occurs *after the school day or on the weekend*, when CNPs are not operating
 - The pick-up location for the foods and beverages is *off school premises*

Acceptable Procedures for Fundraiser Orders

3. The district's pick-up policy for foods and beverages is *clearly indicated* on the school's fundraising flier and any written communication regarding the fundraiser



Procedures for Fundraiser Orders

Allowed *	Not Allowed
<ul style="list-style-type: none">▪ Students <i>deliver money</i> to school for food or beverage items▪ <i>Parents or other adults pick up</i> food or beverage items at school	<ul style="list-style-type: none">▪ Students <i>deliver money</i> to school for food or beverage items▪ Students <i>pick up</i> food or beverage items at school
Fundraiser is not selling food to students on school premises	Fundraiser is selling food to students on school premises

* Sales must also comply with all other state requirements (see slides 28-60)

Other Requirements for Fundraisers



Other Requirements for Fundraisers

- **CGS Section 10-221q:** Connecticut's beverage statute for public schools (see slides 31-38)
- **Regulations of Connecticut State Agencies**
 - Section 10-215b-1: *Competitive Foods* (see slides 39-52)
 - Section 10-215b-23: *Accrual of Income* (see slides 53-57)
- **CGS Section 10-221p:** Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day (see slides 58-60)

CSDE Resource

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving competitive foods to students in HFC public schools
- Includes charts of state and federal laws and how they apply to different sources of food and beverage sales

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students in public schools that participate the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), and choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.). "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's Child Nutrition Programs (CNPs). Under [Section 10-215b-1](#) of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating.

The state HFC statute requires that each board of education or school governing authority for all Connecticut public schools participating in the NSLP must certify annually to the CSDE whether they will comply with the [Connecticut Nutrition Standards \(CNS\)](#) for all foods sold to students separately from reimbursable meals. Public schools are not required to comply with the CNS, but are required by the state HFC statute to certify each year whether they will or will not comply with the CNS. For information on HFC, visit the Connecticut State Department of Education's (CSDE) [HFC](#) webpage.

For an overview of the requirements for competitive foods in HFC public schools, see the CSDE's handout, [Requirements for Competitive Foods in HFC Public Schools](#). For detailed guidance on the requirements for competitive foods in HFC public schools, see the CSDE's [Guide to Competitive Foods in HFC Public Schools](#).

Overview of Requirements

All foods available for sale to students separately from reimbursable meals in HFC public schools must comply with the CNS. The CNS also applies to reimbursable snacks in the Afterschool Snack Program (ASP).

All beverages available for sale to students in HFC public schools separately from reimbursable meals and ASP snacks must comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)) and any stricter requirements of the state beverage statute ([C.G.S. Section 10-221q](#)). The state beverage statute also applies to reimbursable meals and ASP snacks.

Note: While Smart Snacks addresses foods and beverages, only the beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, see the CSDE's handout, [Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards](#).



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<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartHFC.pdf>

CGS Section 10-221q: Beverages



https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

CGS Section 10-221q: Beverages

- Applies to all beverages sold to students on school premises from all sources including
 - beverages sold *as part of* school meals
 - beverages sold *separately* from school meals

- Five allowable beverage categories *
 1. Milk
 2. 100 percent juice
 3. Nondairy milk substitutes such as soy milk
 4. Beverage containing only water and 100 percent juice
 5. Water

* These beverages must meet specific restrictions for each category (see *Allowable Beverages in Connecticut Public Schools* on slide 33)

CSDE Resource

Allowable Beverages in Connecticut Public Schools

- Summarizes the state and federal requirements for selling and giving beverages to students in Connecticut public schools

Allowable Beverages in Connecticut Public Schools

The requirements for beverages sold in Connecticut public schools are governed by Section 10-221q of the Connecticut General Statutes (C.G.S.) and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS/FDA of 2010*.

- "Sale" means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens and similar items. This includes any activities that suggest a student donation in exchange for foods and beverages.
- "Public schools" include regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools, and endowed academies.



All beverages sold to students in Connecticut public schools must comply with the Smart Snacks beverage standards and any stricter beverage requirements of C.G.S. Section 10-221q. The state beverage statute applies to beverages sold to students at all times, both as part of school meals and separately from school meals, anywhere on school premises, such as cafeterias, vending machines, school stores, and fundraisers. It applies to all Connecticut public schools, even if they do not choose the healthy food option of HFC under C.G.S. Section 10-215f or do not participate in the USDA Child Nutrition Programs.

Beverage Categories

Table 1 lists the five categories of beverages allowed by C.G.S. Section 10-221q for sale to students in Connecticut public schools. **Note:** The beverage requirements in these resources include the stricter provisions of both the state and federal beverage standards.

Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for plain water (with or without carbonation), which is unlimited. Flavored carbonated water (such as sparkling water and seltzer) is allowed only for high schools, and is limited to 1 fluid ounce.

For more information on the specific beverage requirements, see the Connecticut State Department of Education's (CSDE) presentation, [Beverage Requirements for Connecticut Public Schools](#); and visit the CSDE's [Beverage Requirements](#) webpage.

Beverage Exemptions

- Not part of the annual HFC Statement, which applies only to foods
- Board must vote *separately* to allow sale to students of any beverages that do not comply with CGS Section 10-221q
 - CSDE recommends voting on beverage exemptions at the *same time* as the annual HFC Statement

Beverage Exemptions

- Beverages that do not comply with CGS Section 10-221q cannot be sold to students on school premises unless
 - the board *votes* to allow beverage exemptions **AND**
 - the beverage sales meet the *three exemption criteria* (see slide 35)

Beverage sales (including sales at exempted events) must also comply with additional state requirements (see slides 39-57)

Three Exemption Criteria for Beverages

1. The sale is in connection with an *event* occurring *after* the end of the regular school day or on the weekend



2. The sale is at the *location* of the event

3. The beverages are not sold from a vending machine or school store

CSDE Webpage

Beverage Requirements

- Requirements for public schools
- Requirements for private schools and residential child care institutions
- Prohibited beverages
- Resources

The screenshot displays the Connecticut State Department of Education (CSDE) website. The header includes the logo 'ct.gov Connecticut's Official State Website', a search bar, and a 'Language + Settings' button. The breadcrumb trail reads 'CT.GOV HOME / DEPARTMENT OF EDUCATION / BEVERAGE REQUIREMENTS'. The main heading is 'Beverage Requirements'. A navigation menu on the left lists 'Overview', 'Documents/Forms', 'Laws/Regulations', and 'Contact'. The 'Overview' section is active, showing links for 'HFC | Competitive Foods | CNS | List of Acceptable Foods and Beverages'. The main content area contains two paragraphs: the first discusses Section 10-221q of the Connecticut General Statutes (C.G.S.) governing beverages sold to students in public schools; the second discusses USDA Smart Snacks nutrition standards and their application to public schools, private schools, and residential child care institutions. A 'Provided by: Department of Education' note is located on the left side of the content area.

<http://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>

CSDE Resource

Presentation: Beverage Requirements for Connecticut Public Schools

- Overview of beverage requirements
- Exemption criteria
- Allowable beverages
- Prohibited beverages
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/BeveragesPresentation.pdf>

Section 10-215b-1 of State Regulations: Competitive Foods



State Statutes and Regulations Sometimes Supersede Each Other

- Depending on when Child Nutrition Programs (CNPs) operate
 - the CNS and state beverage statute (CGS Section 10-221q) may supersede Section 10-215b-1 of the state competitive foods regulations **OR**
 - Section 10-215b-1 of the state competitive foods regulations may supersede the CNS and state beverage statute

Regulations of State Agencies

Section 10-215b-1: *Competitive foods*

- Prohibits *selling* and *dispensing* candy, coffee, tea, and soft drinks to students anywhere on school premises from **30 minutes before up through 30 minutes after** the operation of any CNPs
 - *Dispensing* means to give, provide, or distribute foods and beverages to students, e.g., food rewards and classroom parties



HFC and state beverage statute are stricter

Candy in HFC Public Schools



- HFC *supersedes* Section 10-215b-1's timeframe for candy sales (30 minutes before up through 30 minutes after the operation of any CNPs) because HFC applies at *all times*
- Candy does not meet the CNS

Candy in HFC Public Schools



- Candy cannot be *sold* to students anywhere on school premises unless
 - the board of education has voted to allow food exemptions **AND**
 - the sales are at the location of an event held after the school day or on the weekend **AND**
 - the event does not occur while any CNPs are operating

Candy in HFC Public Schools



- Section 10-215b-1 of state regulations *supersedes* the food exemptions allowed under HFC if the event occurs *while any CNPs are operating*
 - Candy cannot be *sold* to students at an exempted event on school premises that occurs while any CNPs are operating
 - Candy cannot be *given* to students anywhere on school premises (including exempted events) while any CNPs are operating

How Section 10-215b-1 Applies to Candy

Example 1

- If the Afterschool Snack Program (ASP) operates from 4:30 to 5:30 PM



- a concession stand located at an event on school premises cannot *sell* candy to students from 4:00 to 6:00 PM
- an afterschool program on school premises cannot *sell or give* candy to students from 4:00 to 6:00 PM

How Section 10-215b-1 Applies to Candy

Example 2

- If the School Breakfast Program (SBP) operates from 7:00 AM to 8:00 AM and the National School Lunch Program (NSLP) operates from 11:30 AM to 1:00 PM
 - a classroom party cannot *give* candy to students from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM
 - teachers cannot *give* candy to students as food rewards from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM



Coffee, Tea and Soft Drinks in HFC Public Schools



- The state beverage statute *supersedes* Section 10-215b-1's timeframe for sales of coffee, tea, and soft drinks (30 minutes before up through 30 minutes after the operation of any CNPs) because the state beverage statute applies at *all times*
- Coffee, tea, and soft drinks do not comply with CGS Section 10-221q

Coffee, Tea and Soft Drinks in HFC Public Schools



- Coffee, tea, and soft drinks cannot be *sold* to students anywhere on school premises unless
 - the board of education has voted to allow beverage exemptions **AND**
 - the sales are at the location of an event held after the school day or on the weekend **AND**
 - the event does not occur while any CNPs are operating

Soft drinks

Beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients

Examples

- **Soda** (regular and diet)
- **Sports drinks** (regular, low-calorie, and zero calorie)
- **Sweetened beverages** (with or without carbonation) that are not 100 percent juice (such as lemonade and fruit punch drinks)
- **Flavored water with added sweeteners** (with or without carbonation)

Coffee, Tea and Soft Drinks in HFC Public Schools



- Section 10-215b-1 of state regulations *supersedes* the beverage exemptions allowed under the state beverage if the event occurs *while any CNPs are operating*
 - Coffee, tea, and soft drinks cannot be *sold* to students at an exempted event on school premises that occurs while any CNPs are operating
 - Coffee, tea, and soft drinks cannot be *given* to students anywhere on school premises (including exempted events) while any CNPs are operating

How Section 10-215b-1 Applies to Coffee, Tea and Soft Drinks



Example 1

- If the ASP operates from 4:30 to 5:30 PM
 - a concession stand located at an event on school premises cannot *sell* coffee, tea, and soft drinks to students from 4:00 to 6:00 PM
 - an afterschool program on school premises cannot *sell or give* coffee, tea, and soft drinks to students from 4:00 to 6:00 PM

How Section 10-215b-1 Applies to Coffee, Tea and Soft Drinks



Example 2

- If the SBP operates from 7:00 AM to 8:00 AM and the NSLP operates from 11:30 AM to 1:00 PM
 - a classroom party cannot *give* coffee, tea, and soft drinks to students from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM
 - teachers cannot *give* coffee, tea, and soft drinks to students as food rewards from 6:30 AM to 8:30 AM and 11:00 AM to 1:30 PM

Section 10-215b-23 of State Regulations: Accrual of Income



Regulations of State Agencies

Section 10-215b-23: *Accrual of Income*

- Any income (gross income) from the sale of foods and beverages to students anywhere on school premises from **30 minutes before until 30 minutes after** any state or federally subsidized CNP must accrue to the **school food service program**



Example: How Section 10-215b-23 Applies

- If the SBP operates from 7:00 AM to 8:00 AM, the NSLP operates from 11:30 AM to 1:00 PM, and the ASP operates from 3:30 PM to 4:30 PM, the nonprofit food service account must receive the *income from all foods and beverages sold to students anywhere on school premises* from 6:30 AM to 8:30 AM, 11:00 AM to 1:30 PM, and 3:00 PM to 5:00 PM
 - Includes income from sales of foods and beverages at *exempted events* held after the school day *while any CNPs are operating*

CSDE Resource

Connecticut's Competitive Foods Regulations

- Guidance on complying with Sections 10-215b-1 (competitive foods) and 10-215b-23 (accrual of income) of the Regulations of Connecticut State Agencies

Connecticut Competitive Foods Regulations

This guidance applies to schools and institutions that participate in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs (CNPs), including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Seamless Summer Option (SSO) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), Child and Adult Care Food Program (CACFP) At-risk Afterschool Meals operated in schools, and Summer Food Service Program (SFS) operated in schools.

Note: Residential child care institutions (RCCIs) may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation. RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.





Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies address restrictions for sale and dispensing competitive foods to students on school premises and the accrual of income from competitive foods.

- “Competitive foods” are all foods and beverages available for sale to students on school premises separately from reimbursable meals and snacks in the CNPs.
 - The USDA’s Smart Snacks nutrition standards address sales of competitive foods during the school day, which is the period from the midnight before to 30 minutes after the end of the official school day.
 - The state competitive foods regulations address sales of competitive foods from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. They also restrict giving certain foods and beverages to students during this time.
 - The Connecticut General Statutes (C.G.S.) for Healthy Food Certification (HFC) (C.G.S. Section 10-215f) and allowable beverages (C.G.S. Section 10-221q) address sales of competitive foods at all times, except for sales that meet specific exemption criteria (see “Food exemptions for HFC public schools” on page 4 and “Beverage exemptions for HFC public schools” on page 7).
- “Sales” means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages.

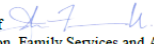
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CSDE Operational Memorandum

CSDE Operational Memorandum No. 1-18: *Accrual of Income from Sales of Competitive Foods in Schools*

 STATE OF CONNECTICUT
DEPARTMENT OF EDUCATION 

TO: Sponsors of the School Child Nutrition Programs

FROM: John D. Frassinelli, Chief 
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: October 18, 2017

SUBJECT: Operational Memorandum No. 1-18
Accrual of Income from Sales of Competitive Foods in Schools

The Connecticut State Department of Education (CSDE) has recently observed numerous compliance issues with competitive foods in schools. This memo serves as a reminder of the state requirements for the accrual of income from the sales of food items in schools, as legislated by Section 10-215b-23 of the Regulations of Connecticut State Agencies. Section 10-215b-23 requires that the income from any sales of competitive foods to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any school nutrition programs must accrue to the nonprofit food service account. This regulation applies to all Connecticut public schools, private schools, and residential child care institutions (RCCIs) that participate in the United States Department of Agriculture (USDA) school nutrition programs.

- “Income” means gross income.
- “Competitive foods” means all foods and beverages available for sale to students on school premises separately from reimbursable school meals, e.g., fundraisers, vending machines (including those operated by a contractor), school stores, culinary programs, and any other sources of food and beverage sales to students that occur on school premises.
- “Sales” means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens, and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages.
- “School premises” means all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system, or the governing authority district or school.
- “Nonprofit food service account” means the restricted account in which all of the revenue from all food service operations conducted by the school food authority principally for the benefit of school children is retained and used only for the operation or improvement of the nonprofit school food service. This account shall include, as appropriate, non-Federal funds used to support paid lunches as provided in 7 CFR 210.14(e), and proceeds from nonprogram foods as provided in 7 CFR 210.14(f).

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<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2018/OM01-18.pdf>

CGS Section 10-221p: Nutritious Low-fat Foods



https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221p

CGS Section 10-221p: Nutritious Low-fat Foods

- When foods are available for *purchase* by students during the school day, nutritious and low-fat foods must also be available for sale at the same *location* or *elsewhere on school premises* at the same time
- When pre-purchased foods are *distributed* to students at school during the school day, nutritious and low-fat foods must be *available for purchase* at the *same time* that students *pick up* the foods
- Applies to *all public schools* regardless of whether they participate in the NSLP or HFC

Nutritious Low-fat Foods

Low-fat dairy products
and fresh or dried fruit



- Examples of *low-fat dairy products* include low-fat or nonfat yogurt, cheese, and cottage cheese
- Low-fat milk is a beverage and cannot be used to meet the statutory requirements

Allowable Fundraisers



Noncompliant foods and beverages cannot be sold to students unless

1. The board votes to allow food and beverage exemptions **AND**
2. Sales meet the three exemption criteria (see slides 13 and 36) **AND**
3. Sales comply with Sections 10-215b-1 (see slides 39-52) and 10-215b-23 (see slides 53-57) of the state regulations **AND**
4. Sales (*food only*) comply with CGS section 10-221p (see slides 58-60)

Compliant foods and beverages can be sold anytime if sales comply with

1. Section 10-215b-23 (accrual of income) of the state regulations (see slides 53-57)
AND
2. CGS section 10-221p (see slides 58-60)
 - Applies to *food sales* only



Tips for Local Fundraiser Procedures

- Establish a *districtwide procedure* for approving fundraisers
- Identify a district or school *point person* for approval of all fundraisers
- Develop a *fundraiser approval form* that is required for all fundraising organizations



CSDE Resource

Sample Fundraiser Form

< Insert District Name > Fundraiser Request Form for HFC Public Schools

Complete this form for all school food and beverage fundraisers and submit to *<Insert name and title of person who will coordinate fundraising for the school or district>*, *<Insert school name and address, if needed>* by *<Insert date>*.

All food fundraisers must meet the Connecticut Nutrition Standards (CNS) and all beverage fundraisers must meet the beverage requirements of Section 10-221q of the Connecticut General Statutes (C.G.S.), unless the local board of education or school governing authority has voted to allow exemptions, and: 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; 2) the sale is at the location of the event; and 3) the foods and beverages are not sold from a vending machine or school store. For detailed guidance on the fundraiser requirements, see the CSDE's handout, *Requirements for Food and Beverage Fundraisers in HFC Public Schools*, and PowerPoint presentation, *HFC Fundraiser Requirements*; and the CSDE's guide, *Guide to Competitive Foods in HFC Public Schools*. The CSDE's *List of Acceptable Foods and Beverages* webpage includes brand-specific commercial foods that meet the CNS and beverages that meet the state beverage requirements.

School where fundraiser will occur: _____

Fundraising organization: _____

Fundraising contact person: _____

Phone: _____ E-mail: _____

Dates of fundraiser: FROM _____ / _____ / _____ TO _____ / _____ / _____
month day month day year

1. Will the fundraiser sell any food items? Yes No: *Skip to question 2*

a. Do the food items meet the Connecticut Nutrition Standards?

No

Yes: How was compliance determined? Note: Commercial items must be listed on the CSDE's List of Acceptable Foods and Beverages webpage. Foods made from scratch must have a recipe with nutrient analysis and the completed CNS worksheet.

2. Will the fundraiser sell any beverages? Yes No: *Skip to question 3*

a. Do the beverages meet the requirements of state statute?

No

Yes: How was compliance determined? Note: Commercial items must be listed on the CSDE's List of Acceptable Foods and Beverages webpage.

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< Insert District Name > Fundraiser Request Form for HFC Public Schools

3. List all food or beverage items sold, e.g., candy, cookie dough, cake, soda, etc. *(Attach additional pages if necessary)*

Manufacturer	Food or beverage

4. Who will the fundraiser items be sold to? *(Check all that apply)*

Students Parents and other adults School staff

Other *(specify)*: _____

5. Where will the fundraiser be conducted? *(Check all that apply)*

On school premises Off school premises

6. When will the fundraiser be conducted? *(Check all that apply)*

During the school day *(indicate times)*: _____

After the school day *(indicate times)*: _____

On the weekend *(indicate times)*: _____

7. Will the fundraiser be conducted at the location of an event that has been exempted by the board of education?

No

Yes: *Describe event*: _____

8. How will the fundraiser be conducted? Explain the sales process, money collection process, and pick up procedures:

For district use only

The fundraiser is *(check one)*:

Approved: Foods sold in the fundraiser meet the CNS and/or beverages sold in the fundraiser meet the requirements of the state beverage statute, and the fundraiser will be conducted in compliance with the HFC requirements.

Not approved *(indicate reason)*: _____

Signature _____ *<Insert title of authorized individual>* _____ Date _____

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Tips for Local Fundraiser Procedures

- Provide *ongoing training* for fundraiser coordinators on how to comply with HFC and other state requirements
- Provide *regular communication* to regarding fundraiser requirements and the district's approval procedure



Tips for Local Fundraiser Procedures

- Provide *regular communication* to fundraiser coordinators regarding the requirements and district's approval procedure
- *Maintain records* of all school fundraisers



Quiz: Test Your Fundraiser Knowledge



Quiz: Test Your Fundraiser Knowledge

- Decide if each fundraiser complies with the HFC requirements
 - Assume that the board voted to *allow* food exemptions
- Indicate *why* the fundraiser does or does not comply
- Identify *possible modifications* if the fundraiser does not comply

Scenario 1: Fundraiser Catalog

Students use a fundraiser catalog to sell food (e.g., cakes, pies, candy and cookie dough) to families, friends and neighbors off school premises. The students deliver the food orders and money to school. When the food arrives two months later, the students pick up the food items at school and bring them home for distribution.



Does the fundraiser comply with HFC?

Scenario 1: Fundraiser Catalog

Answer

Students use a fundraiser catalog to sell food (e.g., cakes, pies, candy and cookie dough) to families, friends and neighbors off school premises. The students deliver the food orders and money to school. When the food arrives two months later, the students pick up the food items at school and bring them home for distribution.



Does the fundraiser comply with HFC?

NO

If students *deliver* fundraiser orders and money to school and *pick up* the fundraiser foods at school, the fundraiser is selling food to students on school premises (see slide 8)

Criteria for Allowable Catalog Fundraisers

- Students can *bring home fundraising fliers and catalogs* and sell foods such as pies, candy, and cookie dough off school premises
- Students can bring fundraiser orders and money to school, but *adults must pick up* the food items for delivery to customers



This information must be *clearly indicated* on the fundraising flier and any written communication regarding the fundraiser

Modifications to Make Scenario 1 Comply

- Have *parents* pick up food items at school
- Distribute food items on school premises at the location of an *event* held *after* the school day or on the weekend, e.g., parent open house *

* To implement this option, the board must have voted to allow food exemptions (check district's annual HFC Statement)

Modifications to Make Scenario 1 Comply

- Distribute food items at a location *off school premises*, e.g., community center
- Conduct *online fundraiser* (foods are ordered online and picked up at school)

Scenario 2: Candy Bars

Thirty minutes after school ends, students in a school club set up tables in the hallway to sell candy bars to students.



Does the fundraiser comply with HFC?

Scenario 2: Candy Bars

Answer

Thirty minutes after school ends, students in a school club set up tables in the hallway to sell candy bars to students.



Does the fundraiser comply with HFC?

NO

The candy sales are not held at the location of an *event* (see slides 15-17)

Modifications to Make Scenario 2 Comply

- Sell the candy bars on school premises at the location of an *event* held *after* the school day or on the weekend *
- Sell the candy bars at a location *off school premises*
- Conduct *online fundraiser* (candy bars are ordered online and picked up at school)

* To implement this option, the board must have voted to allow food exemptions (check district's annual HFC Statement)

Scenario 3: Bake Sale at Football Game

Answer

Parent volunteers hold a bake sale to raise money for the high school football team. The bake sale occurs during a football game that starts one hour after school, and is located next to the football field.



Does the fundraiser comply with HFC?

Scenario 3: Bake Sale at Football Game

Answer

Parent volunteers hold a bake sale to raise money for the high school football team. The bake sale occurs during a football game that starts one hour after school, and is located next to the football field.



Does the fundraiser comply with HFC?

YES

The bake sale is at the *location* (football field) of an *event* (football game) held *after* the school day

If any CNPs are operating, the sales must also comply with Sections 10-215b-23 of state regulations (see slides 53-57)

Scenario 4: Cookies that Meet CNS

A student club sells cookies that are on the CSDE's List of Acceptable Foods and Beverages webpage as a fundraiser during the school day.

Does the fundraiser comply with HFC?



Scenario 4: Cookies that Meet CNS

Answer

A student club sells cookies that are on the CSDE's List of Acceptable Foods and Beverages webpage as a fundraiser during the school day.



Does the fundraiser comply with HFC?

YES

Foods on CSDE's List of Acceptable Foods and Beverages webpage comply with CNS

- Sales during the school day must also comply with CGS Section 10-221p (see slides 58-60)
- If any CNPs are operating, sales must also comply with Section 10-215b-23 of state regulations (see slides 53-57)

Scenario 5: Cookie Sales after School

Thirty minutes after school ends, a student group sells cookies to raise money for a class trip. The students sell the cookies in the cafeteria, while a soccer game is played on the school's soccer field.



Does the fundraiser comply with HFC?

Scenario 5: Cookie Sales after School

Answer

Thirty minutes after school ends, a student group sells cookies to raise money for a class trip. The students sell the cookies in the cafeteria, while a soccer game is played on the school's soccer field.



Does the fundraiser comply with HFC?

NO

The cookie sales are not held at the *location* (soccer field) of the *event* (soccer game)

Modifications to Make Scenario 5 Comply

- Sell the cookies at the location of an *event* held *after* the school day or on the weekend, e.g., at the soccer field *
- Sell the cookies at a location *off school premises*

* To implement this option, the board must have voted to allow food exemptions (check district's annual HFC Statement)

Modifications to Make Scenario 5 Comply

- Sell cookies that comply with the CNS
- Conduct *online fundraiser* (cookies are ordered online and picked up at school)

Scenario 6: Pie Sales to School Staff

A student group sells pies to school staff during the school day.

Does the fundraiser comply with HFC?



Scenario 6: Pie Sales to School Staff

Answer

A student group sells pies to school staff during the school day.

Does the fundraiser comply with HFC?



YES

- The pies are sold only to *adults*
- The CNS applies only to sales to *students*

Scenario 7: Doughnuts on Election Day

On Election Day, when school is not in session, the town uses a school building to conduct voting. Volunteers sell cookies and doughnuts to adults and students during the day.



Does the fundraiser comply with HFC?

Scenario 7: Doughnuts on Election Day

Answer

On Election Day, when school is not in session, the town uses a school building to conduct voting. Volunteers sell cookies and doughnuts to adults and students during the day.



Does the fundraiser comply with HFC?

YES

Election day is an *event* held after the school day (see slides 15-16)

Scenario 8: Gift Cards

During the school day on school premises, a student sports team sells gift cards that are redeemable for food at local businesses.



Does the fundraiser comply with HFC?

Scenario 8: Gift Cards

Answer

During the school day on school premises, a student sports team sells gift cards that are redeemable for food at local businesses.



Does the fundraiser comply with HFC?

NO

Selling food/beverage gift cards to students *on school premises* is the same as selling foods and beverages, regardless of when or where students will receive or consume the foods and beverages (see slides 8 and 20)

Modifications to Make Scenario 8 Comply

- All foods that can be purchased with the gift cards comply with the CNS and all beverages comply with CGS Section 10-221q
- Sell the gift cards at the location of an *event* held *after* the school day or on the weekend *

* To implement this option, the board must have voted to allow food exemptions (check district's annual HFC Statement)

Modifications to Make Scenario 8 Comply

- Sell the gift cards at a location *off school premises*
- Students bring orders and money for the gift cards to school but *adults pick up* gift cards for delivery to customers (see slides 24-26)
- Conduct *online fundraiser* (gift cards are ordered online and picked up at school)

Scenario 9: Holiday Candy Grams

A student club sells candy grams for a holiday. Students purchase a ticket for candy that will be given to another student at a later date.



Does the fundraiser comply with HFC?

Scenario 9: Holiday Candy Grams

Answer

A student club sells candy grams for a holiday. Students purchase a ticket for candy that will be given to another student at a later date.



Does the fundraiser comply with HFC?

NO

- Selling tickets that are *redeemable* for food is the same as selling food to students (see slide 8)
- CNS applies regardless of when students will receive or consume the candy (see slides 20-21)

Modifications to Make Scenario 9 Comply

- Distribute the candy on school premises at the location of an *event* held *after* the school day or on the weekend *
- Distribute the candy at a location *off school premises*

* To implement this option, the board must have voted to allow food exemptions (check district's annual HFC Statement)

Modifications to Make Scenario 9 Comply

- Have *parents* pick up the candy for delivery to students (see slides 24-26)
- Conduct *online fundraiser* (cookies are ordered online and picked up at school)

Scenario 10: Pancake Breakfast

A school club sells tickets to a family pancake breakfast that will take place on school premises in the morning before school starts.



Does the fundraiser comply with HFC?

Scenario 10: Pancake Breakfast

Answer

A school club sells tickets to a family pancake breakfast that will take place on school premises in the morning before school starts.



Does the fundraiser comply with HFC?

NO

- The pancake breakfast is an event but it is not held *after* the school day
- The school day is the period from *midnight before to 30 minutes after* the end of the official school day (see slide 14)

Modification to Make Scenario 10 Comply

- Schedule “breakfast for dinner” *after* the school day *
- Hold the pancake breakfast *off school premises*
- Sell pancakes that *comply with the CNS* (must include all accompaniments, e.g., syrup, butter)

* To implement this option, the board must have voted to allow food exemptions (check district’s annual HFC Statement)

More Resources



CSDE Resource

Requirements for Food and Beverage Fundraisers in HFC Public Schools

- Summarizes the federal and state requirements for selling foods and beverages to students from fundraisers on school premises

Requirements for Food and Beverage Fundraisers in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students from fundraisers in Connecticut public schools that participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). For guidance on the federal and state requirements and how they apply to different sources of foods and beverages in HFC public schools, see the Connecticut State Department of Education's (CSDE) handouts, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. For detailed guidance on the requirements for competitive foods in HFC public schools, see the CSDE's *Guide to Competitive Foods in HFC Public Schools*. For information on HFC, visit the CSDE's HFC webpage.

Fundraisers are any activities during which money or its equivalent (such as coupons, tickets, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result. Examples of food and beverage fundraisers include sales of commercial products, such as potato chips and other snack foods, candy bars, cookies, muffins, frozen cookie dough, pies, water, and soft drinks; and sales of foods and beverages made from scratch, such as baked goods, popcorn, sandwiches, smoothies, coffee, and hot chocolate.

The CSDE strongly encourages schools to promote consistent health messages to students by selling healthy foods or conducting nonfood fundraisers. The CSDE's handout, *Healthy Fundraising*, provides suggestions for fundraising with nonfood items and activities.

Overview of Federal and State Requirements

All foods available for sale to students from fundraisers in HFC public schools must comply with the *Connecticut Nutrition Standards* (CNS). All beverages available for sale to students from fundraisers in HFC public schools must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131) and any stricter requirements of the state beverage statute (C.G.S. Section 10-221q).

Note: While Smart Snacks addresses foods and beverages, only the beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, see the CSDE's handout, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

CSD E Resource

Healthy Fundraising

HEALTHY FUNDRAISING



Promoting a Healthy School Environment

Candy, baked goods, salty snacks, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have lifelong impact. As America faces a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

Benefits of Healthy Fundraising

- **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- **Provides Consistent Messages:** Fundraising with nonfood items and healthy foods demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lesson students are learning about health, instead of contradicting them.
- **Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Healthy fundraising alternatives are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student health risks and improve learning.

Children's Eating Habits are Poor

Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.¹ Between 1980 and 2004, obesity tripled among children and adolescents.² Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.³ Their diets do not include enough fruits, vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars.⁴

Consequences of Unhealthy Fundraising

- **Compromises Classroom Learning:** Selling unhealthy foods contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy. It's like saying, "You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well." Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.
- **Promotes the Wrong Message:** Selling unhealthy foods sends the message that schools care more about making money than student health. Schools would never raise money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.
- **Contributes to Poor Health:** Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.



Fundraisers Must Meet State Requirements

- Section 10-219b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing candy to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program. Section 10-219b-2 specifies that income from the sale of any foods or beverages anywhere on school premises during this time frame must accrue to the food service account.
- Section 10-221j of the Connecticut General Statutes (C.G.S.), requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods must also be available for sale. For additional guidance, see *Questions and Answers on Connecticut Statute for School Food and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionID/Fundraisers.pdf>.
- C.G.S. Section 10-221q specifies that all beverages sold in public schools must comply with specific requirements. For more information, see *Beverage Requirements* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&eq=322418>.
- Districts that participate in healthy food certification under C.G.S. Section 10-215f must ensure that all food fundraisers meet state requirements. For more information, see *Fundraising with Foods and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionID/Fundraisers.pdf>.
- Counsel the district's school wellness policy, as there may be stricter local requirements regarding food and beverage sales.
- For more information on Connecticut's requirements for foods and beverages, see the Connecticut State Department of Education Web site (School Foods and Beverages page) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&eq=322416>.

IDEAS FOR HEALTHY FUNDRAISING ALTERNATIVES*

Schools can help promote a healthy learning environment by using healthy fundraising alternatives.

Items You Can Sell

- Activity theme bags
- Air fresheners
- Bath accessories
- Ballroom bouquets
- Batteries
- Books
- Back/stone/tile memorials
- Buttons, pins
- Candles
- Coffee cups or mugs
- Crafts
- Compen books (nonfood items)
- Emergency kits for cars
- First aid kits
- Flowers, bulbs, plants
- Foot warmers
- Football seats
- Garden seeds
- Gift baskets (nonfood items)
- Gift certificates (nonfood items)
- Gift items
- Gift wrap, boxes and bags
- Graduation tickets
- Greeting cards
- Hats
- Holiday ornaments
- Holiday wreaths
- Hoise decorations
- Jewelry
- Magazine subscriptions
- Monogramms
- Music, CDs, DVDs
- Newspaper space ads
- Parking spot (preferred location)
- Pet treats/toys/accessories
- Plants
- Phone cards
- Raffle donations (nonfood items)
- Raffle entry graduation tickets
- Raffle front cover seats at a special school event
- Rent a special parking space
- Scarves
- School art drawings
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Valentine flowers
- Yearbook covers
- Yearbook graffiti
- Fresh fruit
- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Trail mix

Healthy Foods

- Fresh fruit
- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Trail mix

Sell Custom Merchandise

- Brumper stickers and decals
- Calendars
- Cookbook of healthy recipes made by school
- Flying discs with school logo
- License plates or holders with school logo
- Logo air fresheners
- School spirit gear
- T-shirts/sweatshirts

Activities Supporting Academics

- Read-A-Thon
- Science Fair
- Spelling Bee

Things You Can Do

- Auction
- Bike-a-thon
- Bowling night/bowl-a-thon
- Car wash (precell tickets as gifts)
- Carnivals/festivals
- Dance (kids, father/daughter, Salsa Hawkins)
- Family/glamour portraits
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thon
- Magic show

- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Singing telegrams
- Skate night/skate-a-thon
- Tag sale, garage sale
- Talent shows
- Tennis/homeschool competition
- Treasure hunt/scavenger hunt
- Walk-a-thon
- Workshops/classes



*Adapted from California Project Lead, California Department of Health Services, (2010). *Create Financing and Fun Fundraising*. Retrieved on October 6, 2011 from http://www.cdhhs.ca.gov/SDHS/CommunityPartners/Create_Fundraising.pdf.

Resources

- *Action Guide for School Nutrition and Physical Activity Policies*. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&eq=322436>
- *Healthy School Environment Resource List*. Connecticut State Department of Education. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hs_resource_list.pdf

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2. Centers for Disease Control and Prevention, National Center for Health Statistics. (2006). *Prevalence of Overweight Among Children and Adolescents: United States, 2003-2004*. Retrieved on October 6, 2011 from http://www.sde.gov/sde/lib/sde/harvest/overweight/overweight_child_03.htm.
3. Reedy, J., & Krebs-Smith, S.M. (2010). *Dietary Sources of Energy, Solid Fat, and Added Sugar among Children and Adolescents in the United States*. *Journal of the American Dietetic Association*, 110(10), 1471-1484.
4. U.S. Department of Agriculture Center for Nutrition Policy and Promotion. (2009). *The quality of children's diets in 2000-04 as measured by the Healthy Eating Index - 2005*. *Nutrition Insights*, 43. Retrieved on October 6, 2011 from <http://www.nps.gov/sde/Pubs/insights/NutritionInsights/Tough40.pdf>.

Connecticut State Department of Education • February 2005 (Revised November 2011)

CSDE Resource

Guide to Competitive Foods in HFC Public Schools

- Provides comprehensive guidance on complying with the federal and state requirements for selling and giving competitive foods to students in HFC public schools

Guide to Competitive Foods in HFC Public Schools



Complying with the state and federal requirements for selling and giving competitive foods to students in public schools that choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes



Revised February 2020

Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
450 Columbus Boulevard, Suite 504
Hartford, CT 06103-1841

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsGuideHFC.pdf>

CSDE Webpage

Connecticut Nutrition Standards

- CNS summary
- Full CNS document
- Guidance on how to evaluate foods for CNS compliance
- CNS worksheets
- CNS resources

The screenshot shows the official website for the Connecticut State Department of Education (CSDE) regarding the Connecticut Nutrition Standards. The page features a navigation menu on the left with options like Overview, How To, Documents/Forms, Related Resources, Laws/Regulations, and Contact. The main content area includes an overview of the standards, a list of resources such as School Nutrition Programs and Healthy Food Certification, and a list of documents including the CNS for School Years 2019-20 and 2020-21, and the CNS for Foods in Schools. A callout box at the bottom provides guidance on how to evaluate foods for compliance with the CNS.

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards>

CSDE Resource

Summary of CNS

Connecticut Nutrition Standards for School Years 2019-20 and 2020-21

This document summarizes the Connecticut State Department of Education's (CSDE) publication, *Connecticut Nutrition Standards for Foods in Schools*, for school years 2019-20 and 2020-21 (July 1, 2019, through June 30, 2021). The Connecticut Nutrition Standards (CNS) is based on current nutrition science and national health recommendations from the 2015-2020 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. The CNS exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS/FDA of 2010*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Public schools that choose the healthy food option of [Healthy Food Certification \(HFC\)](#) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S) must follow the CNS for all foods sold to students separately from reimbursable meals, at all times and from all sources. This includes, but is not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers, and any other sources of food sales to students on school premises. Foods that comply with the CNS are listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage, which includes brand-specific lists of commercial food products that comply with the CNS and beverages that comply with the state beverage requirements of C.G.S. [Section 10-221q](#).

In HFC schools, foods that do not comply with the CNS can only be sold if the local board of education or governing authority votes to allow exemptions, and the following conditions are met:

- the sale is in connection with an event occurring after the end of the regular school day or on the weekend;
- the sale is at the location of the event; and
- the foods are not sold from a vending machine or school store.

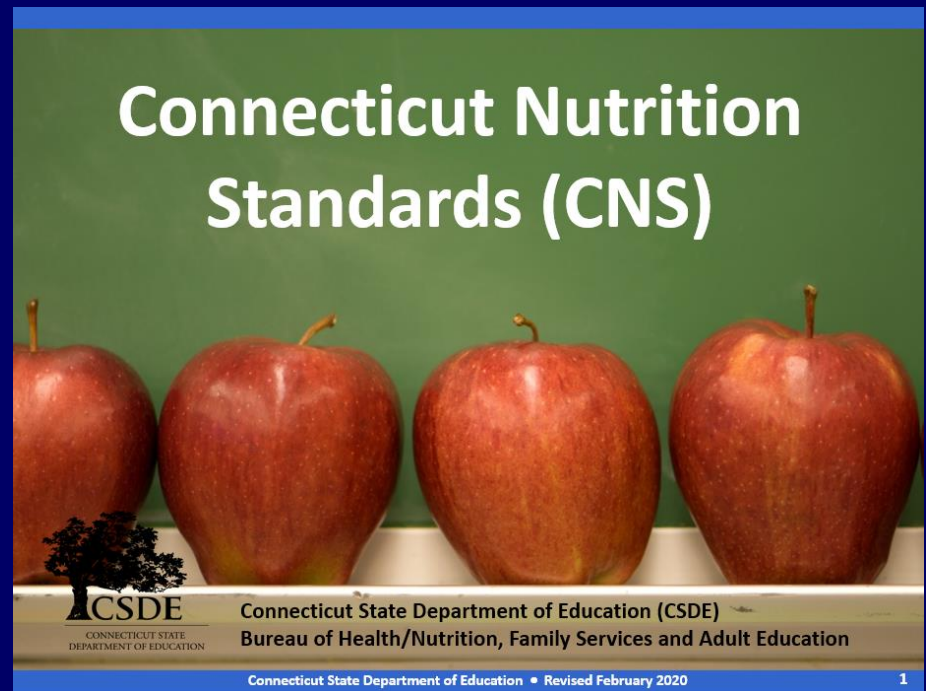
An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and school debates are events, but soccer practices, play rehearsals, and debate team meetings are not. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. "Location" means where the event is being held, and must be the same place as the food sales. For example, foods can be sold on the side of the soccer field during a soccer game, but not in the school cafeteria while a game is played on the soccer field.

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CSDE Resource

Presentation: Connecticut Nutrition Standards

- CNS categories
- General standards
- CNS ingredients
- CNS nutrients
- Evaluating commercial foods
- Evaluating foods made from scratch
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSpresentation.pdf>

CSDE Resource

Presentation: Complying with Healthy Food Certification

- Overview of CNS
- Evaluating commercial foods
- Evaluating foods made from scratch
- Quiz: Test your HFC IQ
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/HFCPresentationComplying.pdf>

CSDE Webpage

Healthy Food Certification

- HFC participation (list of schools and state HFC map)
- HFC application
- HFC documentation
- HFC forms
- HFC resources

Connecticut's Official State Website

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CT.GOV HOME / DEPARTMENT OF EDUCATION / K-12 EDUCATION / NUTRITION / HEALTHY FOOD CERTIFICATION (HFC)

Healthy Food Certification (HFC)

- Overview
- Eligibility
- Apply
- Documents/Forms
- Related Resources
- Laws/Regulations
- FAQs
- Contact

Provided by:
Department of Education

Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education Beverage Requirements](#) | [Competitive Foods](#) | [CNS](#) | [List of Acceptable Foods and Beverages](#)

Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes requires that each board of education or governing authority for all public schools participating in the [National School Lunch Program \(NSLP\)](#) must **certify annually** to the Connecticut State Department of Education (CSDE) whether the district will follow the [Connecticut Nutrition Standards \(CNS\)](#) for all foods sold to students separately from reimbursable school meals.

The CNS applies to all sources of food sales on school premises at all times including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises. Districts that choose the healthy food option of HFC receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free, and reduced) served in the prior school year.

HFC Overview

- [HFC Overview: Requirements for Competitive Foods in HFC Public Schools](#)
- [Summary of Connecticut Nutrition Standards](#)

List of HFC Districts (School Year 2019-20)

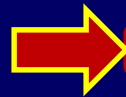
- [HFC Districts](#)
- [HFC Map](#)
- [HFC Data](#)

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

CSDE Webpage

Healthy Food Certification: Related Resources

- Adult education programs
- Competitive foods
- Fundraisers
- HFC overview
- School stores
- Vending machines



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Healthy Food Certification (HFC)

- Overview
- Eligibility
- Apply
- Documents/Forms
- Related Resources**
- Laws/Regulations
- FAQs
- Contact

Provided by:
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Related Resources

- **Adult Education: Requirements for Selling Foods and Beverages in Adult Education Programs**
- **Beverage Requirements** (CSDE webpage)
- **Complying with HFC Presentation**
- **Competitive Food in Schools** (CSDE webpage)
 - **Connecticut Competitive Foods Regulations**
 - **Regulations of Connecticut State Agencies** (Sections 10-215b-1 and 10-215b-23)
 - **Connecticut Competitive Foods Regulations**
 - **CSDE Operational Memorandum No. 1-18** : Accrual of Income from Sales of Competitive Foods in Schools
 - **Guide to Competitive Foods in HFC Public Schools**
- **Connecticut Nutrition Standards** (CSDE webpage)
 - **Guidance on Evaluating Recipes for Compliance with the CNS**
 - **How to Evaluate Foods Made from Scratch for Compliance with the CNS**
 - **How to Evaluate Purchased Foods for Compliance with the CNS**
- **Ensuring District Compliance with HFC**
- **Evaluating Foods for Compliance**
- **Fundraisers**
 - **Healthy Fundraisers**
 - **Fundraiser Form**
 - **Fundraiser Requirements** (Presentation)
 - **Requirements for Food and Beverage Fundraisers in HFC Public Schools**
- **List of Acceptable Foods and Beverages** (CSDE webpage)
- **List of Vendor Contact Information**
- **Q&A on Connecticut Statutes for School Foods and Beverages**

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

CSDE Webpage

List of Acceptable Foods and Beverages

■ Lists of brand-specific commercial

- food products that comply with the CNS
- beverages that comply with the state beverage requirements of CGS Section 10-221q

The screenshot shows the CSDE website page for the 'List of Acceptable Foods and Beverages'. The page includes a navigation bar with links for 'Overview', 'Documents/Forms', 'Related Resources', 'Laws/Regulations', and 'Contact'. The 'Overview' section provides an introduction to the list, stating it is a brand-specific list of commercially prepared food products that comply with the Connecticut Nutrition Standards (CNS) and beverage requirements of Section 10-221q of the Connecticut General Statutes (C.G.S.). It also mentions that these products meet the USDA's Smart Snacks nutrition standards. A list of bullet points follows, detailing that minimally processed naturally nutrient-rich foods (fresh fruits, vegetables, and legumes) are included unless individually packaged; schools and vendors are encouraged to submit new product information for evaluation; the list is updated every few months; and a list of manufacturers, brokers, and distributors is provided. A note at the bottom states that public schools must comply with the beverage requirements of C.G.S. Section 10-215f for all foods sold to students separately from reimbursable school meals. A callout box at the bottom right directs users to the 'Documents/Forms' section for more information.

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

CSDE Resource

Ensuring District Compliance with HFC

- Summarizes four strategies to help districts comply with HFC and the state beverage

Ensuring District Compliance with Healthy Food Certification

School districts that choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.) must ensure that all foods sold to students separately from reimbursable meals comply with the Connecticut Nutrition Standards (CNS); and all beverages sold to students as part of and separately from reimbursable meals comply with the beverage requirements of state statute ([C.G.S. Section 10-221q](#)). Foods that do not comply with the CNS and beverages that do not comply with the state beverage statute cannot be sold to students on school premises unless the local board of education or governing authority votes to allow exemptions, and the following conditions are met: 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; 2) the sale is at the location of the event; and 3) the foods and beverages are not sold from a vending machine or school store. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Exemptions for Foods and Beverages in Public Schools*.

The CNS applies to all foods (commercial and made from scratch) sold in the cafeteria, school stores, concession stands, vending machines, fundraisers, culinary programs, and any other sources of food sales to students school premises. Examples of other potential sources of food and beverage sales include, but are not limited to:

- adult education programs operated by the board of education;
- afterschool programs and activities, such as enrichment programs, extracurricular classes, tutoring sessions, and student clubs;
- classroom parties and other celebrations;
- clubs and organizations;
- family and consumer sciences classes;
- family resource centers;
- meetings;
- recipient schools under interschool agreements;
- sports programs and sports competitions, such as games, matches, and tournaments;
- summer school programs (e.g., enrichment or exploratory) operated by the board of education or school governing authority;
- USDA's Afterschool Snack Program (ASP);
- USDA's Seamless Summer Option (SSO) of the NSLP (only if foods are sold separately from reimbursable meals);
- USDA's Summer Food Service Program (SFSP) operated by the board of education on school premises (only if foods are sold separately from reimbursable meals);
- vendors on school premises, e.g., food service management companies (FSMCs), food trucks, caterers, online and mobile food delivery companies, and other outside entities that sell foods and beverages to students; and



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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/EnsureHFC.pdf>

CSDE Resource

Questions and Answers on Connecticut Statutes

- Provides answers to commonly asked questions regarding the requirements and implementation of the Connecticut General Statutes for school foods and beverages

Questions and Answers on
Connecticut Statutes
for School Foods and Beverages



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
450 Columbus Boulevard, Suite 504
Hartford, CT 06103-1841

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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CTStatutesQA.pdf>

CSDE Resource

Resources for Healthy Foods and Beverages in Schools

- Links to resources on the federal and state requirements for selling and giving competitive foods to students

Resources for Healthy Foods and Beverages in Schools

This document summarizes webpages and resources to assist schools with implementing the federal and state requirements for competitive foods in schools. These resources are from the Connecticut State Department of Education (CSDE), U.S. Department of Agriculture (USDA), and other organizations related to school nutrition. "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's Child Nutrition Programs (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages (i.e., candy, tea, coffee, and soft drinks) that are given to students while CNPs are operating.

The federal and state requirements include:

- Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.);
- the Connecticut Nutrition Standards (CNS) under C.G.S. Section 10-215e;
- USDA's Smart Snacks nutrition standards for competitive foods (81 FR 50131);
- Connecticut's beverage statute for public schools (C.G.S. Section 10-221q);
- Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day (C.G.S. Section 10-221p);
- Connecticut's competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies);
- USDA's School Wellness Policy (Section 4 of Public Law 108-265 and the Healthy, Hunger-Free Kids Act of 2010);
- USDA's regulation for revenue from nonprogram foods (7 CFR 210.14 (f)); and
- USDA's policies and guidance for competitive foods (USDA policy memos for the NSLP and SBFP).

These laws determine what and when foods and beverages may be sold or given to students. They also regulate the accrual of income from sales of competitive foods. Some laws apply differently depending on whether the school is a public school, private school, or residential child care institution (RCCI). Some laws apply during the school day, while others apply at all times or while the USDA's CNPs are operating. When the federal and state laws supersede each other, schools must follow the stricter requirements. For an overview of these requirements, see the CSDE's handout, *Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions*.



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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/ResourcesHealthyFB.pdf>

CSDE Child Nutrition Programs

CSDE School Nutrition Programs Staff

County	Consultant
Fairfield County (includes Region 9) Litchfield County (includes Regions 1, 6, 7, 12, and 14)	Fionnuala Brown fionnuala.brown@ct.gov • 860-807-2129
Hartford County (includes Region 10) Middlesex County (includes Regions 4, 13, and 17)	Teri Dandeneau teri.dandeneau@ct.gov • 860-807-2079
New Haven County (includes Regions 5, 15, and 16)	Jackie Schipke jackie.schipke@ct.gov • 860-807-2123
New London County Tolland County (includes Regions 8 and 19) Windham County (includes Region 11)	Susan Alston susan.alston@ct.gov • 860-807-2081



Connecticut State Department of Education
 Bureau of Health/Nutrition, Family Services and Adult Education
 450 Columbus Boulevard, Suite 504
 Hartford, CT 06103-1841

CSDE Child Nutrition Programs

CSDE School Nutrition Programs Staff

Food Distribution Program (USDA Foods)	<p>Allison Calhoun-White allison.calhoun-white@ct.gov • 860-807-2008</p> <p>Monica Pacheco monica.pacheco@ct.gov • 860-807-2086</p>
Seamless Summer Option (SSO) of the NSLP Summer Food Service Program (SFSP)	<p>Caroline Cooke caroline.cooke@ct.gov • 860-807-2144</p>
Child Nutrition Webpages Healthy Food Certification (HFC) Nutrition Education Special Diets	<p>Susan Fiore susan.fiore@ct.gov • 860-807-2075</p>
Community Eligibility Provision (CEP) School Wellness Policies	<p>Donna Heins donna.heins@ct.gov • 860-807-2082</p>
Special Milk Program (SMP) Summer Food Service Program (SFSP)	<p>Terese Maineri terese.maineri@ct.gov • 860-807-2145</p>
Fresh Fruit and Vegetable Program Food service management companies	<p>Andy Paul andrew.paul@ct.gov • 860-807-2048</p>



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