



Region 16 School's Policy on Healthy Foods and Beverages

The State of Connecticut General Statute Sec. 10-221q. went into effect in September 2006. This law has two components—one for beverages sold to students and one for foods sold to students outside of the reimbursable school meal. The law applies to all foods other than the school meal sold in the cafeterias, and any food or beverage sold to students anywhere in the school buildings during the school day. The law does not apply to foods and beverages **served** to students, only for foods **sold** to students.

Beverages: The beverage requirement is **mandated** for all public schools. Only 5 categories of beverages can be sold to students at any time from all sources including vending machines and school stores. These categories are milk (flavored or plain), nondairy milks such as soy or rice milk, 100% fruit juice or vegetable juice or a combination of both, beverages that contain only water and 100% fruit juice with no added or artificial sweeteners allowed, and water. Maximum serving sizes for all beverages is 12 oz. with the exception of water which can be sold in larger containers.

Foods: The Region 16 Board of Education voted to participate in the healthy food option of the law. Beginning in September 2006, these standards apply to **all sources of food sales to students** during the school day or at the end of the school day, including but not limited to school stores, vending machines, school cafeterias, and any fundraising activities on school premises. The Connecticut Nutrition Standards focus on limiting fat, saturated fat, trans fat, sugars and sodium and moderating portion sizes and promoting increased intake of fruits, vegetables and whole grains.

Exemptions: Foods and beverages that do not meet the state standards can be sold to students on school premises if three conditions are met:

1. The **sale is in connection with a scheduled event** occurring after the end of the **regular** school day.
2. The **sale is at the location** of the event.
3. The foods or beverages 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 interscholastic debates are events but soccer practices, play rehearsals, and debate team meetings are not. **The regular school day** begins with the arrival of the students at school and ends after the last instructional period, from bell to bell. Other examples of events that meet the exemption are pasta dinner fundraisers, school fair refreshments, ice cream social fundraisers, refreshments sold at school dances or concerts, refreshments sold at school sport games.

Allowable Practices: Foods and beverages that do not meet the standards can still be sold to **adults**; and foods and beverages that do not meet the standards can still be **served to students**. (Tickets or tokens cannot be sold for foods that do not meet the state nutrition standards-that is the same as selling the food to students.)

Fundraising catalogs including food can be sent home with students, and the students can return the money collected for the sale of those items. However, arrangements must be made for **parents or other adults** to pick up the food items. Fundraiser food items cannot be given to students during the school day or at the end of the school day to take home.

Non-allowable Practices: Students cannot sell foods or beverages for fundraising that do not meet the state standards to other students during the school day or at the end of the school day. Students or school groups may sell foods and beverages that meet the state standards, but these items cannot be sold during the time school meals are being served in the cafeteria, or for one half hour before or one half hour after school meal service.

