

# Healthy Food Certification

## *In the West Hartford Public Schools*

Healthy Food Certification went into effect in September 2006. This act has two components – one for **beverages sold** to students and one for **foods sold** to students outside of the reimbursable school meals. The law applies to a la carte foods sold in 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** but not 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 percent fruit juice or vegetable juice, beverages that contain only water and 100 percent fruit juice with no added sweeteners, and water.



### Foods

The WHPS Board of Education voted to participate in the healthy food option of the law. Beginning February 1, 2007, 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, 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 criteria 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.

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**.
- Foods and beverages that do not meet the standards can still be **served** to students. (Tickets or tokens

cannot be sold for these foods – that is the same as selling the food to students.)

- Fundraising catalogs including food can be sent home with students, and 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. 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 may sell foods and beverages that meet the state standard, but these items cannot be sold during the time meals are being served in the cafeteria, or for one half hour before or one half hour after meal service.
- Candy and other non-allowable foods cannot be sold in the school hallways as students are exiting the building. However, foods that are on the approved list can still be sold in this fashion.