

## **Instruction**

### **Student Wellness Policy**

Thomaston School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. In accordance with federal and state law, it is the policy of the Thomaston Board of Education to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require all meals served by the District to meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture and the "Connecticut Nutrition Standards for Foods in School," whichever are greater. In a healthy school environment, students can learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

#### **Goals for Nutrition Promotion and Education**

The goals of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

- Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Department of Education curriculum regulations and the academic frameworks for Health, Safety and Physical Education.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- Nutrition education shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences, and elective subjects.
- Nutrition education will include teaching of the agricultural and food systems. Agriculture will be used as a hands on learning technique in the nutrition education curriculum.
- Lifelong lifestyle balance shall be encouraged by linking nutrition education and physical activity.
- District staff members shall be encouraged to coordinate with other agencies and community groups to provide opportunities for student projects and student volunteer opportunities.

#### **Goals for Physical Activity and Physical Education**

The goal of physical activity and physical education is to strive to provide opportunities and developmentally appropriate physical activity during the school day for all students.

- Students shall be given the opportunity to participate in a variety of age-appropriate

physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

- Age-appropriate physical activity opportunities, such as recess (before and/or after lunch); clubs; and interscholastic athletics; shall be provided, to meet the needs and interests of all students, in addition to planned physical exercise. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Physical education will be taught in all grades and shall include a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented at least 1 time per week at all grade levels.
- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during physical education classes. No other exemptions or substitutions are allowed.
- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- All physical education teachers must meet the State of Connecticut certification standards and adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

### **Prohibiting Physical Activity as Punishment**

Schools shall prohibit the use of physical activity (such as required running or push-ups) as punishment. The withholding of physical education class and other forms of physical activity as punishment is also prohibited. Recess or other opportunities for physical activity shall not be withheld as a measure to enforce the completion of academic work.

### **Incorporating Physical Activity into the Classroom**

Students in all grade levels shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. Opportunities for

physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior and completion of assignments. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate.

### **Use of School Facilities Outside of Schools Hours**

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with Thomaston Public Schools facilities use policy. This provides additional opportunities to be available for youth to participate in quality physical activity, fitness, sports, and recreation programs. The spaces and facilities shall be available to students, staff members, community members, and community agencies and organizations. School policies concerning safety shall apply at all times.

### **Safe Routes to School**

Due to the geographical landscapes of Thomaston, Connecticut, active transportation, such as walking and biking to school, is not a viable method of transportation for many students.

### **Nutrition Guidelines for Foods Sold in Schools**

The Thomaston Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well-being. The Board's goal is to enhance the diet and health of school children and to help mitigate the childhood obesity trend. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the Superintendent, or designee, shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements as detailed in the "Nutritional Standards in National School Lunch and School Breakfast Programs", for districts sponsoring the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The input of staff, students, parents and public health professionals will be encouraged.

The program shall reflect the Thomaston Board of Education's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy, nutritious, and appealing foods at all schools, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level and coordinated with the district's food services operation.

It is the intent of the Thomaston Board of Education that all schools take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served on district grounds or at district-sponsored events shall meet federal and state statutes and regulations. Administrative regulation requirements for nutritional standards and/or other

guidelines, as may be recommended by district and school health committees, shall be in fulfillment of state and federal standards. "The Connecticut Nutrition Standards for Foods in Schools", which is consistent with current science-based national nutrition recommendations and the USDA's nutrition standards for competitive foods shall be consulted in addition to Connecticut's "List of Acceptable Foods and Beverages." The Connecticut "List of Acceptable Foods and Beverages" can be found at the [Connecticut State Department of Education website](#).

Students will be offered and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education ("Connecticut Nutrition Standards for Foods in Schools") in addition to federal and state statutes and national health organizations.

The focus is on moderating calories, limiting fats, sodium, and sugars, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. In addition, in order to promote student health and reduce childhood obesity, the Superintendent, or designee, shall establish such administrative procedures to control food and beverages sales that compete with the district's nonprofit food service operation in compliance with the Child Nutrition Act. The district shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture (USDA) and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises will be healthy choices that meet the requirements of state statute and USDA beverage requirements.

The Superintendent, or designee, shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events. Schools must prohibit the sale or serving of foods and snacks that are high in fat, sodium, or added sugars; and ensure that competition with nutritious meals served by the school food service operation is non-existent.

Although the Thomaston Board of Education believes that the district' food services operation should be financially self-supporting, it recognizes, however, that the food services program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the district's NSLP and SBP shall be nonprofit.

The Superintendent, or designee, is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, and fund-raising activities and refreshments that are made

available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation.

In accordance with federal law and U.S. Department of Agriculture policy, Thomaston Public Schools is prohibited from discriminating on the basis of race, color, religious creed, age, ancestry, marital status, genetic information, national origin, gender, sexual orientation, gender identity or expression, disability, or any other basis prohibited by Connecticut state and/or federal nondiscrimination law. The USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or (800)795-3272 may be contacted to file a complaint of discrimination.

### **Reimbursable School Meals**

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and the School Breakfast Program.

### **National School Lunch Program and School Breakfast Program**

Reimbursable meals served in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy-Free Kids Act of 2010, as amended. Menu planning, purchasing procedures and production techniques for school meals will be used to decrease fat, saturated fat, trans fat, sodium and sugars, and to increase fiber. In addition, school meals shall:

- Be appealing and appetizing to children.
- Meet at a minimum, the nutrition requirements established by the USDA for federally-funded programs.
- Include only flavored or unflavored low-fat (1%) and fat-free (nonfat) milk which contain no more than 4 grams of sugar per ounce and no artificial sweeteners. The milk served must meet the requirements of the state beverage statute and federal regulation.
- Ensure that at least half of the grains served per week are whole grains and that the remaining grain items offered are enriched.
- Reduce the levels of sodium, saturated fats, and trans fats in meals.
- Offer a variety of fruits and vegetables.
- Meet the nutrition needs of school children with their calorie requirements.
- Contain zero percent trans fats.
- Bake or steam all cooked foods.
- Purchase or obtain fresh fruits and vegetables from local farmers; when practical.

Menus shall be planned to be appealing and attractive to children and will incorporate the basic menu planning principles of balance, variety, contrast and eye appeal. Menus should be planned with input from students, parents, and other school personnel and shall take into account students' cultural norms, ethnic favorites and preferences. The district's food service operations

shall engage students and parents, through surveys, taste-tests and other activities, to assist in selecting foods sold through the school meal program in order to identify new, healthful and appealing food choices and trends

Thomaston Public Schools will share and publicize information regarding the nutrition content of school meals with students, families and school staff. The information will be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations and through any other appropriate means available to reach families.

The district shall help ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn. Thomaston Public Schools will:

- To the extent possible, and within state law, operate and promote the USDA School Breakfast Program.
- Use methods to serve school breakfast that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning breaks.
- Notify parents and students of the availability of the School Breakfast Program.

Special dietary needs of students will be accommodated according to the USDA document “Accommodating Children with Special Dietary Needs in School Nutrition Programs.”

### **Cafeteria A La Carte Sales**

The school food service program must follow the Connecticut Nutrition Standards when determining the items for a la carte sales. All food and beverages sold to students through school meals and as a la carte sales must meet the requirements of state statute and USDA requirements for a la carte foods.

At all times when food is available for purchase by students during the school day, nutritious and low-fat foods must be available at the same time. These foods may include, but shall not be limited to, low-fat dairy products and fresh or dried fruit.

In accordance with Connecticut State Statute, the sale of beverages, as part of school meals and as a la carte sales, shall be limited to the following five categories:

1. Milk, flavored or unflavored low-fat (1%) and fat-free (nonfat) milk which contain no more than 4 grams of sugar per ounce and no artificial sweeteners
2. Nondairy milks, such as soy or rice milk, which may be flavored or unflavored but contain no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving
3. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners

4. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners
5. Water, which may be flavored, but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine

### **Other Foods Offered or Sold**

Thomaston Public Schools goal is to create a school environment that supports the promotion of healthy food and beverages choices for children. The Connecticut Nutrition Standards apply to all food sold or served to students on school premises, including but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities and classroom snacks. All beverages sold or served to students at school shall meet the requirements of state statute and federal regulations, whichever are stricter, at all times. The district strongly encourages the sale or distribution of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes.

### **Access to Drinking Water**

The Federal Healthy Hunger Free Kids Act of 2010 requires schools to make free potable water available where meals are served for schools participating in the National School Lunch Program.

Outside of the cafeteria and meal times, students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water that does not contain added sugars, sweeteners, artificial sweeteners, or caffeine, should be made available for purchase by students and staff.

### **Meal Schedules**

Meal periods shall be scheduled at appropriate hours. In compliance with federal regulations, lunch must be scheduled between 10:00am and 2:00pm in all schools. Pursuant to state statute, schools are required to provide all full day students a daily lunch period of not less than 20 minutes with adequate seat time available for consumption of meals. Activities such as tutoring, clubs, or organizational meetings shall not be scheduled during meal times unless students may eat during such activities.

### **Free and Reduced Priced Meals**

Thomaston Public Schools authorizes participation in the National School Lunch Program and the National School Breakfast Program. Authorization is granted to the Superintendent, or designee, to act on behalf of the Thomaston Board of Education for purposes of participating in the National School Lunch Program and School Breakfast Program.

Free and reduced priced meals will be served to children from families whose income falls within the USDA's income eligibility guidelines. Income eligibility guidelines are updated annual as required by section 9 of the National School Lunch Act.

The District shall establish an appeals process under which a parent/guardian may appeal a decision regarding his/her initial application for benefits, or any subsequent reduction or termination of benefits.

The schools shall not physically segregate or discriminate against any child because of his or her inability to pay for a meal. The names of children eligible to receive free and reduced priced meals shall not be published, posted, or announced in any manner; and there shall be no overt identification of any such children by use of special tokens or tickets, or by any other means.

The district shall ensure that, in the operation of the free and reduced-price meals and the free milk program, no student shall be discriminated against because of race, color, age, creed, religion, sex, sexual orientation, ancestry, gender identity or expression, national origin, marital status, pregnancy or disability, or any other basis prohibited by law, in its implementation of such a program.

The district's NSLP and SBP shall operate to meet dietary specifications in accordance with the Healthy, Hunger-Free Kids Act of 2010 and applicable state laws and regulations.

### **Qualifications and Training for Food Service Staff**

Qualified nutrition professionals shall administer the school meals program. As part of the school district's responsibility to operate a food service program, continuing professional development shall be provided for all food service professionals in schools. Such training shall involve all individuals working in the cafeteria so that all are aware of the requirements of the school wellness policy.

All food service personnel shall have adequate pre-service training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors and other appropriate topics. Staff development programs shall include appropriate certification and training programs for school food service directors, managers, and cafeteria workers; according to their levels of responsibility. (See USDA's Professional Standards for School Nutrition Professionals)

### **Fundraising**

School fundraising activities shall not involve food or beverages or shall only use foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state

statute and federal regulations. However, food items that do not meet the Connecticut Nutrition Standards and beverages not meeting the requirements of state statute and federal regulations can be sold as fundraisers on school premises if they are sold at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store. Schools shall encourage fundraising activities that promote physical activity. The District shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

Competition with nutritious meals served by the school food services operation must be non-existent. Income from any competitive foods or beverages sold from 30 minutes prior to the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the school day must accrue to the food service account.

### **Concessions**

Food items that do not meet the Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute and federal regulations can be sold at concessions operated at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. Organizations operating concessions at school functions after school or on the weekends should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

### **Non-sold Foods and Beverages**

Non-sold foods and beverages brought into the school by students and other persons for such events as birthdays and classroom celebrations shall comply with federal nutrition standards.

### **Teacher-to-Student Incentives and Punishments**

Teachers and staff shall not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individualized education plan (IEP). The use of sugar-sweetened beverages or candy as a classroom reward at any school is not permitted. Alternative rewards shall be developed and promoted.

Schools shall not withhold foods or beverages, including food served through school meals, as a punishment.

### **Food and Beverage Marketing in Schools**

Thomaston Public Schools is committed to providing schools that ensure opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district strives to teach students how to make

informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the district is imparting through nutrition education and health promotion efforts. Any foods and/or beverages marketed or promoted to students on the school campus during the school day will meet or exceed the Connecticut Nutrition Standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product, or its container.
- Displays such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered, or sold by the district.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

### **Staff as Role Models**

Thomaston Public Schools shall build awareness among teachers, food service staff, coaches, nurses, and other school staff members about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

### **Professional Development for Teachers**

Thomaston Public Schools shall include appropriate training for teachers and other staff members. Staff members responsible for health and wellness education shall regularly participate in professional development activities to effectively deliver the health and wellness education program. Professional development activities shall provide basic knowledge of nutrition, combined with the development of skills and adequate time to practice skills in program activities. Staff members providing health and wellness education shall not advocate dieting behaviors or any specific eating regimen to students, other staff members, or parents.

## **Staff Wellness**

Thomaston Public Schools highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle and that encourage staff members to serve as role models.

## **Thomaston Public Schools Wellness Committee**

The Thomaston Public Schools Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Local School Wellness Policy that complies with state guidelines for recommendation to the Thomaston Board of Education for adoption. The committee will meet a minimum of four times annually to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review of the district's wellness policy. Committee membership will represent all school levels and include to the extent possible, but not be limited to:

- Food Service Director
- Administrative representatives
- Parent representatives
- Student representatives
- Physical education and wellness teachers
- Board of Education member
- School health professionals
- Any interested member of the public

The Superintendent, or designee, will convene the district's Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The committee will designate a school wellness policy coordinator at each school, who will ensure compliance with the policy.

## **Wellness Policy Implementation, Monitoring, Accountability, & Evaluation**

### **Implementation**

Thomaston Public Schools will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will outline roles, responsibilities, actions, and timelines specific to each school; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

### **Monitoring**

The Thomaston Board of Education designates the Superintendent, designee, to ensure compliance with this policy and its administrative regulations. He/She is responsible for retaining all documentation of compliance with this policy and its regulations, including, the triennial assessment and evaluation report and this wellness policy and plan. The Superintendent,

or designee, will be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy.

The Superintendent, or designee, shall provide periodic implementation data and/or reports to the Thomaston Board of Education concerning this policy's implementation sufficient to allow the Board of Education to monitor and adjust the policy. The report may include:

- Assessment of individual school environments regarding student wellness issues.
- Evaluation of the food services program.
- Review of foods and beverages sold before, during, and after school in schools for compliance with established nutrition guidelines.
- Review of activities and programs that promote nutrition and physical activity.
- Recommendations for the school wellness policy and/or program revisions
- Suggestions for improvement in specific areas.
- Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

### **Accountability**

#### **Record Keeping**

The Food Service Director will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices. Documentation maintained in the location will include, but will not be limited to:

- The written wellness policy
- Documentation that the policy has been made available to the public
- Documentation of efforts to review and update the LSWP
- Documentation to demonstrate compliance with the annual public notification requirements
- The most current triennial assessment done on the LSWP and documentation that the triennial assessment has been made available to the public

#### **Annual Notification of Policy**

Thomaston Public Schools will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. The district will make this information available via the district website.

#### **Triennial Progress Assessments**

Per federal regulations, Thomaston Public Schools will evaluate compliance with the wellness policy once every three years. The implementation of the policy will include the extent to which schools are in compliance with the wellness policy and a description of the progress made in attaining goals of the LSWP.

The Superintendent, or designee, is responsible for managing the triennial assessment. The Thomaston Public School Wellness Committee will monitor schools' compliance with the policy. The district will actively notify households of the availability of the triennial progress.

## **Evaluation**

### **Policy Review**

Thomaston Public Schools shall identify a strategy to help review policy compliance, assess progress and determine areas in need of improvement. As part of that process, the district shall review nutrition and physical activity policies; new research and evidence on health trends and effective programs; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

### Legal Reference:

10-16b Prescribed courses of study.

10-215 Lunches, breakfasts and the feeding programs for public school children and employees.

10-215a Non-public school participation in feeding program.

10-215b Duties of state board of education re: feeding programs.

10-215b-1 State board of education regulation – Competitive foods

10-215b-23 Income from the sale of food items

10-215e Nutrition standards for food that is not part of lunch or breakfast program

10-215f Certification that food meets nutrition standards

10-216 Payment of expenses.

10-221 Boards of education to prescribe rules, policies and procedures.

10-221o Lunch periods. Recess.

10-221p Boards to make available for purchase, nutrition, low-fat foods

10-221q Sale of beverages.

Child Nutrition Act of 1966 (as amended by P.L. 108-269, July 2, 2004)

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265

Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (Federal Register, Vol. 83, No. 238, December 12, 2018)

Connecticut General Statutes

Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, 42 U.S.C. 1751

Local School Wellness Policy Requirements, 42 U.S.C. 1758b

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

National School Lunch Program or School Breakfast Program: Nutrition Standards for All Foods Sold in School (Federal Register, Vol. 78, No. 125, June 28, 2013)

Regulations of Connecticut State Agencies

School Breakfast Program, 7 C.F.R. Part 220 (2006)

PA 06-63 An Act Concerning Healthy Food and Beverages in Schools

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