



CONNECTICUT WIC

FOOD GUIDE

January 1, 2019





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FOR MORE INFORMATION, VISIT
WWW.CT.GOV/DPH/WIC

*Not all WIC approved foods may appear
in this booklet.*



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SUCCESSFUL SHOPPING TIPS

BEFORE YOU SHOP:

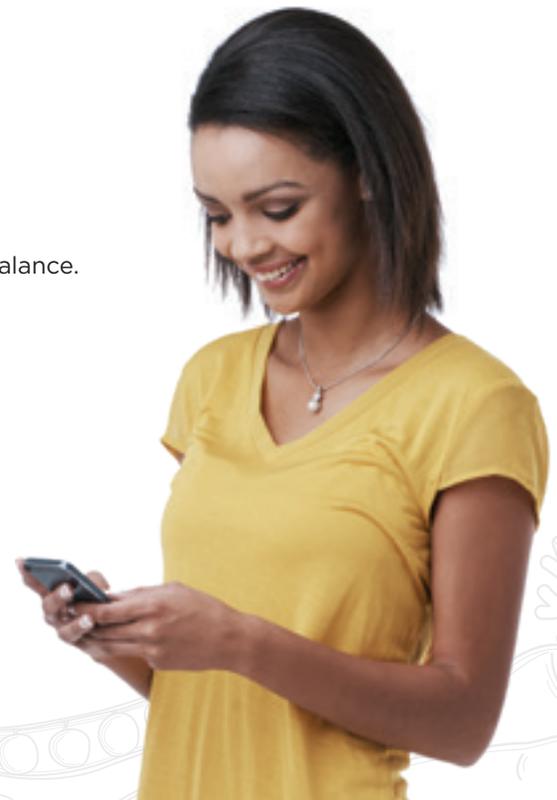
- Review your Family Benefits List or a recent receipt to check your available benefit balance.
- Know your Fruit & Vegetable cash value benefit amount.
- Check the dates of the benefit period.
- Download the Smartphone App to identify WIC approved products.

WHILE YOU SHOP:

- Look for the Connecticut WIC approved shelf tags to help you identify items.
- Choose only WIC approved items from this Food Guide and make sure you have the correct quantities indicated on your Family Benefits List or recent receipt.

CHECKOUT:

- Request and review the mid transaction receipt before you choose Yes.
- Use your store savings card.
- Tell the cashier you have coupons before the transaction.



COLD CEREALS

BUY ONLY
12 ounces or larger

GENERAL MILLS



Cheerios



Multi Grain
Cheerios



Corn Chex



Rice Chex



Wheat Chex



Vanilla
Chex



Cinnamon
Chex



Blueberry
Chex



Berry Berry Kix



Kix



Honey Kix

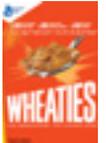


Total

POST



Fiber One
Clusters



Wheaties



Grape Nut
Flakes



Grape Nuts



Bran Flakes



Whole Grain
Honey Crunch



Vanilla
Bunches



Honey
Roasted



Cinnamon
Bunches

MOM BRANDS



Vanilla
Multigrain



Crispy Rice



Frosted Mini
Spooners



Crispix



All-Bran
Complete Wheat
Flakes



Corn
Flakes



Frosted
Shredded
Wheat



Special K



Rice Krispies



Low Fat
Granola



Simple Grain
Granola

STORE BRANDS

QUAKER



Oat Bran



Life



BEST YET

Bran Flakes
Corn Flakes
Crispy Rice
Frosted Shredded
Wheat
Shredded Wheat
Nutty Nuggets
Oat Wise
Honey Oats & Flakes
Toasted Oats



BIG Y

Bran Flakes
Corn Flakes
Crispy Corn Squares
Shredded Wheat
Toasted Oats



CLEAR VALUE

Frosted
Shredded Wheat
Toasted Oats
Corn Flakes



FOOD CLUB

Bran Flakes
Corn Flakes
Shredded Wheat
Toasted Oats



GREAT VALUE

Corn Flakes
Crisp Rice
Crunchy Oats
Frosted Shredded Wheat

WAYS TO BUY UP TO 36 OZ OF CEREAL



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.

Buy any combination of
hot or cold WIC approved
cereals, totaling 36 ounces

COLD CEREALS

BUY ONLY
12 ounces or larger



GREAT VALUE

Toasted Oats
Toasted Corn
Toasted Wheat
Crunchy Honey Oats
Toasted Rice#
Bran Flakes
Crunchy Nuggets
Nutty Nuggets



HY-TOP

Bran Flakes
Corn Flakes
Crispy Rice
Shredded Wheat
Honey Oat Flakes
Toasted Oats



IGA

Bran Flakes
Corn Flakes#
Corn Squares#
Crispy Rice#
Rice Squares
Frosted Shredded Wheat
Unfrosted Shredded Wheat
Honey Oats & Flakes
Tasteos
Toasted Oats
Shredded Wheat
Rollin Oats



KIGGINS

Crispy Rice



KRASDALE

Corn Flakes
Crispy Rice
Toasted Oats



MARKET PANTRY

Frosted Shredded Wheat
Honey & Oat Mixers
Toasted Oats



MY ESSENTIALS

Toasted Oats
Frosted Shredded Wheat



PARADE

Bran Flakes
Corn Flakes
Frosted Shredded Wheat
Toasted Oats



PIGS/PRICE CHOPPER

Wheat Bran Flakes
Corn Flakes
Good Choice
Oat Squares
Good Choice
Oat Crunch
Toasted Corn Crisps
Frosted Shredded
Wheat
Nutty Nuggets
Toasted Oats



PRICERITE

Corn Squares
Toasted Oats
Bite Size Frosted
Shredded Wheat
Bran Flakes



SHOPRITE

Bran Flakes
Crispy Rice
Corn Flakes
Crispy Corn Squares
Honey Oat Clusters
Oats & More with Honey
Frosted Shredded Wheat
Natural Wheat & Barley Nuggets
Shredded Wheat
Toasted Oats



SHURFINE

Bran Flakes
Corn Flakes
Corn Squares
Frosted Shredded Wheat
Oats & More
Toasted Oats
Wheat Bran Flakes
Wheat Squares



SIGNATURE KITCHENS

Bran Flakes
Corn Flakes
Crispy Rice

Frosted Shredded
Wheat
Toasted Oats



STOP & SHOP

Bran Flakes
Crispy Rice
Corn Flakes
Corn Squares
Honey Crunchin' Oats

Frosted Shredded
Wheat
Nutty Nuggets
Oat Squares
Oats & O's



VALU TIME

Corn Flakes
Fat Free Corn Flakes
Frosted Shredded Wheat
Toasted Oats



WHITE ROSE

Corn Flakes
Crispy Rice
Toasted Oats

HOT CEREALS

DO NOT BUY Instant



Cream of
Rice



Cream of
Wheat



Cream of
Wheat
Whole Grain



Hot Wheat
Cereal



Quaker
Oat Bran Hot
Cereal



Malt-O-Meal
Farina Original



Maypo Vermont
Style Maple
Oatmeal



MOM Original
Hot Wheat
Cereal



Ralston Creamy
Wheat

BREAD

BUY ONLY

- 100% Whole Wheat/Whole Grain* Bread
- Size 16 oz = 1 lb only

ALVARADO STREET-BAKERY



Whole Wheat

ARNOLD STONEGROUND



Whole Wheat

BIMBO



Whole Wheat

COUNTRY KITCHEN



Whole Wheat

GEISSLER'S



Whole Wheat

GOLD MEDAL BAKERY



Whole Wheat



Wheat with Flaxseed

HOLSUM



Whole Wheat

KRASDALE



100% Whole Wheat

PAS YISROEL



Whole Wheat

PENN STREET



Whole Wheat

PEPPERIDGE FARM



Very Thin 100% Whole Wheat



Whole Wheat Stone Ground



Light Style Whole Wheat



Whole Grain Seeded/Seedless Jewish Rye*



Light Style 7 Grain*

SARA LEE



100% Whole Wheat

STERN'S



Whole Wheat

SUNBEAM



Whole Wheat

WEIGHT WATCHERS



Whole Wheat



Multi-Grain*

WINDMILL FARMS



Stone Ground Menzanos



Stone Ground Hamotze

WONDER



Whole Wheat

BEST YET



Whole Wheat

BIG Y



Whole Wheat

CENTRAL MARKET CLASSICS



Whole Wheat

GREAT VALUE



100% Whole Wheat

KEY FOODS



Whole Wheat

NATURE'S HARVEST



Whole Wheat

SHOPRITE



Whole Wheat

SIMPLY BALANCED



Whole Wheat

STOP & SHOP



Whole Wheat



Whole Wheat with Flaxseed



No-Salt Added Whole Wheat

URBAN MEADOW



Whole Wheat

DO NOT BUY

Bagels, deli bread, white bread, store bakery bread

TORTILLAS

BUY ONLY

- Soft Corn or Whole Wheat Tortillas
- 1 pound or 16 ounce bag

CHI CHI'S



White Corn



Whole Wheat

DON PANCHO



White Corn



Whole Wheat

LA FE



Corn

LA BANDERITA



Corn



Whole Wheat

LA POBLANITA



Corn

MAYAN FARMS



Whole Wheat

MISSION



Corn



Whole Wheat

ORTEGA



Whole Wheat

PEPITO



Whole Wheat



Corn

QUESOS LA RICURA



White Corn

TROPICAL



Whole Wheat



EASY TOFU* TACOS

INGREDIENTS

- | | |
|----------------------|---------------------|
| 8 corn tortillas | 1 red pepper |
| 1 lb extra firm tofu | 1 yellow pepper |
| 1 medium sized onion | cilantro (optional) |

DIRECTIONS

1. Season tofu with salt, pepper and taco seasoning (if desired) and cook in skillet until crispy.
2. While cooking, cut onion and peppers.
3. Add onions and peppers to tofu. Sauté for about 15 minutes.
4. In separate skillet, warm tortillas until desired.
5. Spoon vegetable and tofu mixture onto tortillas. Finish with cilantro.

* Tofu can be substituted with other protein rich food such as beans, cheese, diced grilled chicken, tuna fish, salmon, cooked ground turkey, etc.

BIG Y

Whole Wheat

FOOD CLUB

Whole Wheat

IGA

Whole Wheat

KEY FOODS

Whole Wheat

MY ESSENTIALS

Whole Wheat

NATURE'S PROMISE

Whole Wheat
Whole Grain Corn

SHOPRITE

Whole Wheat

STOP & SHOP

White Corn
Whole Wheat
Yellow Corn

WHOLE WHEAT PASTA

BUY ONLY

- 1 pound or 16 ounce package
- 100% Whole Wheat/Whole Grain Pasta

BARILLA →



Whole Wheat
Whole Grain

GIA RUSSA →



Whole Wheat

HODGSON MILL →



Whole Wheat

RONZONI
HEALTHY HARVEST →



Whole Wheat



DELLALO →



Organic
Whole Wheat

FULL CIRCLE →



Organic
Whole Wheat

LUIGI VITELLI →



Whole Wheat

RACCONTO →



Whole Wheat

SHOPRITE →



100% Whole
Wheat

SHURFINE →



Whole Wheat

SIMPLY BALANCED →



Whole Wheat

URBAN MEADOW →



Whole Wheat

BROWN RICE

BUY ONLY

- 1 pound or 14-16 ounce bag/box
- Plain brown rice

DO NOT BUY

White rice, rice with seasoning, bulk, organic rice



C&F

Boil in Bag
Long/Short Grain
Instant

CAROLINA

Brown Rice

GOYA

Brown Rice

MAHATMA

Brown Rice

MINUTE

Brown Rice

RICELAND

Natural

SUCCESS

Brown Rice

UNCLE BEN'S

Fast & Natural Whole Grain Instant
Natural Whole Grain
Whole Grain Boil-In-Bag

BEST YET

Instant
Long Grain

BIG Y

Instant

FOOD CLUB

Boil-in-Bag

GREAT VALUE

Brown Rice

IGA

Instant
Long Grain

MARKET PANTRY

Brown Rice

MY ESSENTIALS

Brown Rice

PARADE

Brown Rice

PICS/PRICE CHOPPER

Boil-in-Bag

SIGNATURE KITCHENS

Brown Rice

SHURFINE

Brown Rice
Instant Brown Rice

STOP & SHOP

Boil-in-Bag
Instant

WHITE ROSE

Brown Rice

TOMATO & PARMESAN RICE



INGREDIENTS

- 1 cup long grain brown rice
- 1 - 14 ounce can diced tomatoes
- ½ cup grated Parmesan cheese
- ¼ cup chopped basil (optional)

DIRECTIONS

1. In large skillet, combine 1 ½ cups water, rice and ½ teaspoon salt and bring to boil.
2. After boiling, stir once, reduce heat to low, cover and simmer until water is absorbed - about 18 minutes.
3. Add the tomatoes and cheese to the rice.
4. Remove from heat, cover and let stand for 5 minutes.
5. Fold in the basil before serving.

FLUID JUICE

BUY ONLY

64 ounce bottle, 100% juice, at least 120% Vitamin C

WAYS TO BUY

128 ounces = 2 bottles

APPLE

Juicy Juice
Old Orchard
Mott's
Welch's

CHERRY

Juicy Juice
Welch's

JUICE MIXTURES

Juicy Juice
Old Orchard
Welch's

MANGO

Juicy Juice
Welch's

ORANGE

64 or 128 ounce
Calcium Fortified

PINEAPPLE

Langers
Libby's
Welch's

PURPLE GRAPE

Juicy Juice
Old Orchard
Welch's

WHITE GRAPE

Juicy Juice
Old Orchard
Welch's

TOMATO JUICE

Low Sodium only
Campbell's

VEGETABLE JUICE

Low Sodium only
PICS/Price
Chopper
V8

BEST YET

Apple
White Grape
Purple Grape
Grapefruit Juice/Blends
Pineapple

BIG Y

Apple
White Grape
Purple Grape
Juice a Lot
All Juice Mixtures

FOOD CLUB

Apple
White Grape
Grapefruit Juice/Blends
Pineapple
Purple Grape

GREAT VALUE

Apple
White Grape
Purple Grape
All Juice Mixtures

HARVEST CLASSIC

Apple

HY-TOP

Apple
White Grape
Purple Grape

IGA

Apple
White Grape
Grapefruit Juice/Blends
Purple Grape
All Juice Mixtures



KRASDALE

Apple
White Grape
Purple Grape



MARKET PANTRY

Apple
White Grape
Purple Grape
All Juice Mixtures



NATURE'S NECTAR

Apple
Grape



PARADE

Apple
White Grape
Purple Grape
Grapefruit Juice/Blends



PICS/PRICE CHOPPER

Apple
White Grape
Purple Grape
Grapefruit Juice/Blends
Pineapple
All Juice Mixtures



SAVE-A-LOT/RUBY KIST

Apple
Pineapple



SHOP RITE

Apple
White Grape
Grapefruit Juice/Blends
Purple Grape



SHURFINE

Apple
White Grape
Grapefruit Juice/Blends
Purple Grape



SIGNATURE KITCHENS

Apple



STOP & SHOP

Apple
White Grape
Purple Grape
Grapefruit Juice/Blends
All Juice Mixtures



TIPTON GROVE

Apple
White Grape
Purple Grape



VALU TIME

White Grape
Purple Grape



WHITE HOUSE

Apple



WHITE ROSE

Apple
White Grape
Grapefruit Juice/Blends
Purple Grape

MILK, CHEESE, EGGS & TOFU

MILK

Purchase size and type shown on the WIC Family Benefits List

MAY BUY:

- Skim (fat free)
- 1% (low fat)
- 2% (reduced fat)
- Whole
(For children 12-23 months old)

DO NOT BUY

Buttermilk, organic, flavored milk, raw milk

MAY BUY:

SOY MILK

64 ounce/Half gallon, refrigerated



SILK

Original

8TH CONTINENT

Original

PACIFIC ULTRA SOY

Original
(shelf stable, 32 oz)

EVAPORATED MILK

12 ounce can, Fat Free, 2%, Whole (Vitamin D added)

WAYS TO BUY

1 can liquid = .18 of a gallon
5 cans = 1 gallon

CHEESE

BUY ONLY

8 OR 16 ounce package

MAY BUY:

- American
- Colby/Colby Jack
- Cheddar
- Monterey Jack
- Mozzarella
- Muenster
- Fat Free Mozzarella, prepackaged: Calabro, Polly-O

DO NOT BUY

Deli, individually wrapped slices, shredded or string cheese, cheese food, cheese product or spreads, cream cheese or cottage cheese, imported, flavored, organic

EGGS

ANY BRAND

MAY BUY:

Large, 1 dozen, carton. White or brown

DO NOT BUY

Organic



ADDITIONAL MILK CHOICES

- Lactose Reduced/Lactose Free Milk, 64 oz/Half Gallon Skim, 1%, 2%, Whole
- Kosher Milk Skim, 2%, Whole
- Nonfat Dry Milk
- Goat's Milk Meyenberg (canned-liquid or powder)

WAYS TO BUY

1 can liquid = .18 of a gallon
5 cans = 1 gallon
4 cans powder = 3 gallons

UHT MILK

- Shelf Stable, Unflavored
 - 1%, 2%, Whole
- See Your Nutritionist for Issuance

TOFU

MAY BUY:

8-16 ounce package, Plain

In order to receive the full benefit of tofu, purchase 8 or 16 ounce packages.

NASOYA

Cubed, Super Firm, Firm, Lite Firm, Silken, Super Firm Cubed

AZUMAYA

Firm, Extra Firm

NATURE'S PROMISE

Firm, Extra Firm

YOGURT

MAY BUY: 1 quart or 32 ounce container only

WHOLE MILK YOGURT
(FOR CHILDREN 12-23 MONTHS OLD)

***ALSO AVAILABLE IN
WHOLE MILK YOGURT**

DO NOT BUY

Greek yogurt,
artificial sweeteners

- LOW-FAT / NON-FAT** Plain, Vanilla, or Strawberry only
- Axelrod*
 - Best Yet
 - Big Y
 - Brown Cow*
 - Butterworks Farm*
 - Cabot
 - Coburn Farms
 - Cream O Land
 - Crowley
 - Dannon*
 - Dannon All Natural*
 - Desi Natural Dahi*
 - Food Club
 - Friendship
 - Great Value
 - Green Mountain Creamery*
 - J & J Kosher
 - La La
 - La Yogurt
 - La Yogurt Probiotic*
 - Lucerne Dairy Farms
 - Maple Hill*
 - Market Pantry
 - Mountain High*
 - My Essentials
 - Nature's Promise*
 - PICS/Price Chopper
 - Price Rite
 - Romis*
 - Seven Stars Farm*
 - ShopRite*
 - Shurfine
 - Stop & Shop
 - Stonyfield*
 - Super A
 - Yoplait
 - Yoplait Grande

CANNED FISH

**FOR CERTAIN CATEGORIES OF PREGNANT
AND BREASTFEEDING WOMEN**

Packed in water or oil. Added sauces or flavorings are allowed.

TUNA FISH

5 ounce can - Chunk Light only

SARDINES

3.75 ounce can

PINK SALMON

5-15 ounce cans



INFANT FOOD

INFANT CEREAL

- 8 ounce container size only
- Choose any brand

DO NOT BUY

- Varieties that include DHA, fruit, formula, and/or yogurt

INFANT FRUITS AND VEGETABLES

- 4 or 8 ounce container size only
- Choose single ingredients or combinations of fruits and vegetables (i.e. apple-banana, apple-sweet potato, etc.)
- Choose any brand

DO NOT BUY

- Added sugar or pouches

INFANT MEAT

**AVAILABLE TO EXCLUSIVELY
BREASTFED INFANTS 6-11
MONTHS ONLY**

MAY BUY:

- 2.5 ounce container size only
- Choose any brand
- Choose from the following varieties:
 - Beef & Beef Broth/Gravy
 - Chicken & Chicken Broth/Gravy
 - Ham & Ham Broth/Gravy
 - Turkey & Turkey Broth/Gravy

DO NOT BUY

Pouches, desserts, dinners, casseroles, mixtures with added DHA/ARA, salt, sugar, cheese, cereal, or pasta

FRESH FRUITS & VEGETABLES

- Know your benefit balance before you shop.
- The Fruit and Vegetable benefits will have a maximum dollar amount, shown on your WIC Family Benefits List.
- If your fruit and vegetable purchase costs more than the maximum dollar amount, you may put something back or pay the difference with another form of payment (SNAP, cash or credit/debit card).
- If your fruit and vegetable purchase costs less than the maximum dollar amount, your balance will remain on your eWIC card for the benefit period.

MAY BUY:

- Any variety
- Whole, precut, shredded or packaged - Sold by bags, boxes, piece, pound or package
- Salad and/or mixed greens in a bag

FROZEN FRUITS & VEGETABLES

MAY BUY:

- Any brand/variety and size
- Plain fruit or vegetable or plain mixtures

DO NOT BUY

Items with added sweeteners, sugar, added fats/oils, french fries, hash browns, tater tots, other shaped potatoes. **Must not be packed with sauce, pasta or rice.**

CANNED FRUITS & VEGETABLES

MAY BUY:

- Any brand and size
- Must be packed in water or juice
- May be regular or low sodium

CANNED TOMATO SAUCE

- Plain Canned Tomato/Spaghetti Sauce

DO NOT BUY

Salad bar items, party trays, fruit baskets, dried fruit, fruit snacks. Packaged Salads/Kits with added dressings, meats, nuts, croutons, cheese, etc.

DO NOT BUY

Items with added sweeteners, sugars, syrup, added fats, oils, salt (fruit), cranberry sauce, pie fillings, fruit cocktail, pickled (vegetables), creamed or sauced vegetables, olives

TIPS FOR A POSITIVE SHOPPING EXPERIENCE



- Your eWIC card is only accepted at Connecticut authorized vendors and cannot be used in any other state.
- For a list of WIC authorized vendors ask your local agency staff, visit www.ct.gov/dph/wic under the Retailers tab, or use a Smartphone App.
- Refer to your Family Benefits List for products that have been specifically chosen for each participant's need. Not every product listed in this Food Guide is eligible for your purchase.

For example: Although the food guide has whole milk as a WIC approved item, if you have a child two years or older you will only be able to purchase 1% or skim/fat-free milk for that child.

- To ensure an item is WIC approved use a Smartphone app and scan products.
- To identify WIC approved foods in the store, look for the Connecticut WIC approved shelf tag.
- The cashier should scan all of your selected items. Stores cannot limit your choices of WIC approved brands.
- When available, review the mid transaction receipt before you confirm yes. If you have paid for an item that should have come off the eWIC card, you can ask for a refund at the customer service desk before you leave the store.
- In order to better serve you if you have a problem purchasing or buying an item, ask for a store manager. If you need additional assistance, call the State WIC office at **1-800-741-2142** while you are at the store.



APPROVED

RIGHTS & RESPONSIBILITIES

YOUR RIGHTS:

- WIC provides nutrition education, breastfeeding information and support and healthy foods.
- WIC will help you connect with other resources that may help your family including HUSKY A/Medicaid, local food banks and health services.
- All information you give to WIC will be kept private.
- If you feel you have been discriminated against, you may file a complaint.
- Standards to participate in the WIC Program are the same for everyone, regardless of race, color, national origin, age, disability or sex.
- If you need interpreter services/TTD, please ask WIC staff.

QUESTIONS

Can I change the foods listed on my family benefit list?

ONLY your local WIC office can change your food package. If you have concerns or special needs, be sure to talk to your WIC Nutritionist before your benefits are issued. They may be able to adjust your food package.

Do I need to purchase everything listed on my family benefit list?

No, you are not required to pick up everything on your Family Benefit List. We encourage you to shop responsibly and only purchase the foods that you know you will use.

What if I run out of food and I've used all of my WIC benefits?

The WIC program is only meant to "supplement" your diet. The foods you receive at WIC are not intended to meet all of your nutritional needs. You will need to purchase additional foods on your own. Your local office can help you find additional food assistance programs if needed.

YOUR RESPONSIBILITIES:

- Treat WIC and store staff with courtesy and respect. If you feel that a store, a WIC participant or a staff person is doing something wrong, call the State WIC agency at 1-800-741-2142.
- Keep your eWIC card and Food Guide in a safe place.
- Report address and/or phone changes to the WIC office as soon as possible.

YOU UNDERSTAND:

- In order to provide you with certain referrals, we may need to share your name and or contact information with outside organizations. We will request your special permission when we need to share your name and contact information with anyone outside of the WIC Program.
- That if you intentionally lie to receive WIC benefits or if you violate the program rules you will be subject to suspension or disqualification.
- Selling, attempting to sell or giving away WIC benefits, food or formula is not allowed. If you do so, you will be asked to repay the value of the items and you may be subject to suspension or disqualification.
- Posting WIC items on any social media, including, but not limited to Facebook, Craigslist and Ebay is considered an attempt to sell.

Can I save benefits for next month that I didn't use?

No. Benefits expire at midnight on the expiration date found on each receipt.

Can I participate in more than one WIC Program at the same time?

No.

What happens if I move?

Try to contact your local WIC office before you move. They can give you transfer information to take to the WIC office in your new area.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Connecticut



NUTRITION IS JUST *the* BEGINNING.

