Requirements for Meal Modifications in School Nutrition Programs
This presentation provides general guidance regarding the requirements for meal modifications in the U.S. Department of Agriculture’s (USDA) school nutrition programs.

Links to relevant resources are indicated in the yellow bar at the bottom of a slide.

For detailed guidance, visit the Connecticut State Department of Education’s (CSDE) Special Diets in School Nutrition Programs webpage at https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs.

For specific questions or additional guidance, please contact the CSDE (see slides 152-153).
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USDA Meal Patterns

- School food authorities (SFAs) that implement the federal school nutrition programs must comply with the U.S. Department of Agriculture’s (USDA) meal patterns

Grades K-12: https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs
Preschool: https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs
School Nutrition Programs

- 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 Supper Program implemented in schools

https://portal.ct.gov/SDE/Nutrition/School-Nutrition-Programs
Meal Modifications

- Federal nondiscrimination laws require meal modifications for children with a disability (physical or mental impairment) that restricts their diet

- All meal modifications must be made on a case-by-case basis to meet the special dietary needs of each individual child
Meal Modifications

- Meal modifications are *optional* for children without a disability
Federal Nondiscrimination Legislation
Federal Nondiscrimination Legislation

- Section 504 of the Rehabilitation Act of 1973
- Individuals with Disabilities Education Act (IDEA)
- Americans with Disabilities Act (ADA) of 1990 and the *ADA Amendments Act of 2008*
- USDA Nondiscrimination Regulations (7 CFR 15b)
Section 504 of the Rehabilitation Act of 1973

- Prohibits discrimination on the basis of disability in any federal government program that receives *federal financial assistance*

- Entities covered include
  - local educational agencies
  - systems of vocational education
  - other school systems
Individuals with Disabilities Education Act (IDEA)

- Federal grant program that provides financial assistance to states in the provision of *special education* and related services for eligible children.

- Requires each public agency to take steps to ensure children with disabilities have an equal opportunity to benefit from extracurricular services and activities, *including meals*.
IDEA

Any *nutrition-related services* included in a child’s individualized education program (IEP) deemed necessary for the child to receive a free appropriate public education *must be provided* at no cost to the child’s family

- LEA may choose to have SFA handle this responsibility
- LEA may use IDEA funds to cover costs
The Americans with Disabilities Act of 1990 (ADA), As Amended

- Title II prohibits discrimination based on disability in the provision of state and local government services, including services provided by public schools
- Title III prohibits discrimination based on disability by private entities offering public accommodations, including private schools
ADA Amendments Act of 2008

Primary purpose

“to carry out the ADA’s objectives for providing a ‘clear and comprehensive national mandate for the elimination of discrimination’ and ‘clear, strong, consistent, enforceable standards addressing discrimination’ by reinstating a broad scope of protection available under the ADA.”
ADA Amendments Act of 2008

- **Expands and clarifies** definition of disability
  - Viewed more broadly
  - Encompasses more impairments that limit a major life activity and require an accommodation

- Clarifies that emphasis is on *providing reasonable modification*
  - Person with disability does *not* have high burden of proving disability
Definition of Disability (ADA)

- A physical or mental impairment that *substantially limits* one or more *major life activities* of such individual
- A record of such an impairment
- Being regarded as having such an impairment
Definition of Disability (ADA)

ADA Amendments Act

- Revises “substantially limits”
- Includes more “major life activities”
Expanded Definition of Disability

Major life activities
- Caring for one’s self
- Performing manual tasks
- Seeing
- Hearing
- Eating
- Sleeping
- Walking
- Standing
- Lifting

New category
Major bodily functions
- Bending
- Speaking
- Breathing
- Learning
- Reading
- Concentrating
- Thinking
- Communicating
- Working
- Immune system
- Normal cell growth
- Digestive
- Bowel
- Bladder
- Neurological
- Brain
- Respiratory
- Circulatory
- Endocrine
- Reproductive
Includes Conditions that are not Life Threatening or Severe

- A condition could be a disability even if it does not prevent or severely/significantly restrict a major life activity

- Individualized assessment (case-by-case basis)

Example: A child whose digestion is impaired by a food intolerance may be a person with a disability, even if consuming the food does not cause the child severe distress
Disregards Mitigating Measures

- Determination of disability must be made without regard to ameliorative effects of mitigating measures
  - medications, prosthetic devices, assistive devices, or learned behavioral or adaptive neurological modifications that an individual may use to eliminate or reduce the effects of an impairment
Disregards Mitigating Measures

Examples

• A child may be able to control an allergic reaction by taking medication

• A child may be able to control diabetes through insulin and diet
Includes Episodic Disabilities

- Modification is required if an impairment is *episodic or in remission* but substantially limits a major life activity when active
- Examples include mental illness, multiple sclerosis, Crohn’s colitis, and some forms of cancer
May include Temporary Disabilities

- Must consider *duration* (or expected duration) and *extent* to which impairment actually limits a major life activity

Examples

- A child had major oral surgery due to an accident and is unable to consume food for a significant period of time unless the texture is modified
- For several months, a child is on medication that requires avoidance of certain foods
May include Temporary Disabilities

- Modification is required if the child’s condition is temporary, but severe and lasts for a significant duration

- Must consider **duration** (or expected duration) and **extent** to which impairment actually limits a major life activity

  - Temporary illnesses or injury (cold, flu, minor broken bone) generally do not require reasonable meal modifications
## Comparison of Federal Nondiscrimination Laws

<table>
<thead>
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<th>Criteria</th>
<th>IDEA</th>
<th>Section 504</th>
<th>ADA Amendments Act</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disability</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Special Education</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Meal accommodations required</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes *</td>
</tr>
<tr>
<td>Federal funding</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

* If child’s medical condition meets the definition of disability under the ADA Amendments Act
### Comparison of Federal Nondiscrimination Laws

<table>
<thead>
<tr>
<th>Criteria</th>
<th>IDEA</th>
<th>Section 504</th>
<th>ADA Amendments Act</th>
</tr>
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<td>Plan on file</td>
<td>• Individualized Education Program (IEP)</td>
<td>• Section 504 Plan</td>
<td>• IHCP</td>
</tr>
<tr>
<td></td>
<td>• Individualized Health Care Plan (IHCP)</td>
<td>• IHCP</td>
<td>• May also have ECP</td>
</tr>
<tr>
<td></td>
<td>• May also have Emergency Care Plan (ECP)</td>
<td>• May also have ECP</td>
<td></td>
</tr>
<tr>
<td>Required documentation</td>
<td>Medical statement</td>
<td>Medical statement</td>
<td>Medical statement</td>
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<tr>
<td>for meal modification</td>
<td>signed by recognized medical authority *</td>
<td>signed by recognized medical authority *</td>
<td>signed by recognized medical authority</td>
</tr>
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</table>

* Medical statement is not required if IEP or Section 504 plan includes the same information required in medical statement
CSDE Resource

Summary of Requirements for Accommodating Special Diets in School Nutrition Programs

This document summarizes the requirements for meal modifications in the U.S. Department of Agriculture’s (USDA) school nutrition programs, which include the National School Lunch Program (NSLP), After School Snack Program (ASSP) of the NSLP, School Breakfast Program (SBP), Seamless Summer Options (SSO) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). At-risk Supper Program implemented in schools. The USDA’s regulations require that reasonable modifications for children whose disability restricts their diet, based on a written medical statement signed by a recognized medical authority.

Under the American with Disabilities Act (ADA) Amendments Act of 2008, most physical and mental impairments will constitute a disability. This includes conditions that impair immune, digestive, neurological, and bowel functions, as well as many others. A physical or mental impairment does not need to be life threatening to constitute a disability. It is sufficient that it limits a major life activity. For example, a child whose digestion is impaired by a food intolerance (such as lactose intolerance or gluten intolerance) may be a person with a disability, regardless of whether consuming the food causes the child severe distress. All disability considerations must be reviewed on a case-by-case basis.

The USDA does not require meal accommodations for religious or moral convictions, personal preference, or general health concerns. For example, a parent’s preference that a child eats a gluten-free diet because the parent believes it is healthier for the child does not meet the definition of disability, and does not require a meal accommodation. Schools and universities may choose to make accommodations for children without disabilities on a case-by-case basis. All meal modifications for children with disabilities must comply with the USDA’s meal pattern for school nutrition programs. For information on the requirements for meal modifications, see the Connecticut State Department of Education’s (CSDE) guide, Accommodating Special Diets in School Nutrition Programs, and visit the CSDE’s Special Diets in School Nutrition Programs webpage.

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Determination of disability</th>
<th>Plan on file</th>
<th>Examples of medical conditions</th>
<th>Modification required?</th>
<th>Required documentation</th>
<th>What medical statement must include</th>
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| Child is determined to have a disability (physical or mental impairment) under Section 504, and the disability restricts the child’s diet | Section 504 meeting | • 504 plan and Individualized Health Care Plan (IHCP) | Medical conditions that substantially limit a major life activity and affect the child’s diet, for example: metabolic diseases, such as diabetes or phenylketonuria (PKU); food allergies (life-threatening) (food allergy) | Yes | Medical statement signed by recognized medical authority 
• Information about how the child’s physical or mental impairment restricts the child’s diet |

USDA Nondiscrimination Regulations
(7 CFR 15b)

Prohibit discrimination against children with disabilities in any USDA program or activity
Prohibited by 7 CFR 15b.4(b)(1)

- Denying a person with a disability the *opportunity to participate in or benefit from* the recipient’s aid, benefit, or services

- Providing a person with a disability an opportunity to participate that is *not equal* to the opportunity provided to others

- Providing a person with a disability an aid, benefit, or service that is *not as effective* as the aid, benefit, or service provided to others

- Providing a person with a disability a *different* aid, benefit, or service, unless doing so is necessary to provide an aid, benefit, or service that is *as effective* as those provided to others
Disability Discrimination Related to USDA School Meals
Types of Disability Discrimination (violation of civil rights laws)

- Discrimination because of the disability
  - Denying benefits or opportunity to participate
  - Segregating individuals with disabilities
  - Aiding, perpetuating, or contracting with others that discriminate
- Failure to provide a reasonable modification
- Ineffective communication
- Inaccessible facilities

SFAs must ensure that discrimination does not occur
What Constitutes a Disability?
What Constitutes a Disability?

- Based on federal nondiscrimination laws and a recognized medical authority’s diagnosis of child’s medical condition

- Medical statement (or Section 504 plan or IEP, if applicable) indicates if child has a physical or mental impairment that restricts their diet
What Constitutes a Disability?

- Under the ADA Amendments Act, *most physical and mental impairments constitute a disability*, including conditions that impair immune, digestive, neurological, and bowel functions, as well as many others.

- All disability considerations must be reviewed on a *case-by-case* basis.
Is Meal Modification Required?

Determine if a child requires a meal modification by reviewing question 10 in section B of the CSDE’s Medical Statement for Meal Modifications in School Nutrition Programs form.

Section B – Completed by child’s recognized medical authority

This section must be completed by the child’s physician, physician assistant, doctor of osteopathy, or advanced practice registered nurse (APRN). APRNs include nurse practitioners, clinical nurse specialists, and certified nurse anesthetists who are licensed as APRNs.

10. Physical or mental impairment: Does the child have a physical or mental impairment that restricts the child’s diet?
   □ No   □ Yes: Describe how the child’s physical or mental impairment restricts the child’s diet.

Is Meal Modification Required?

Section B – Completed by child’s recognized medical authority

This section must be completed by the child’s physician, physician assistant, doctor of osteopathy, or advanced practice registered nurse (APRN). APRNs include nurse practitioners, clinical nurse specialists, and certified nurse anesthetists who are licensed as APRNs.

10. Physical or mental impairment: Does the child have a physical or mental impairment that restricts the child’s diet?
   - [ ] No
   - [x] Yes: Describe how the child’s physical or mental impairment restricts the child’s diet.

- If “Yes,” SFA **must** make meal modification
- If “No,” SFA can **choose**, but is not required, to make meal modification
Any physical or mental impairment that prevents a child from consuming USDA meals is considered a disability and requires a meal modification.
Examples of Disabilities that may Require Meal Modifications *

- Autism
- Cancer
- Celiac disease
- Cerebral palsy
- Diabetes
- Food allergies (including non-life-threatening)
- Food intolerances, e.g., lactose, gluten
- Heart disease
- Metabolic disorders
- Obesity
- Phenylketonuria (PKU)
- Seizure disorder
- Certain temporary disabilities

* This list is not all-inclusive and these conditions might not require meal modifications for all children (case-by-case basis)
Disabilities do not include

- General health concerns
- Personal preferences
- Vegetarianism
- Religious or moral convictions

Example: Parents prefer a gluten-free diet for their child because they believe it is healthier

Example: A child does not eat certain foods for religious reasons
Meal Modifications for Children with Disabilities
General Guideline
Children with disabilities must be able to *participate in and receive benefits from* programs that are available to children without disabilities.
USDA requires *reasonable* modifications if a disability restricts the child’s diet

Must be *documented* with a medical statement signed by a recognized medical authority
Definition of Reasonable Modification

A change or alteration in policies, practices, and/or procedures to accommodate a disability that ensures children with disabilities have equal opportunity to participate in or benefit from a program.
USDA Requirements for Medical Statement
Medical Statement for Meal Modifications in School Nutrition Programs

This form applies to requests for meal modifications for children participating in the U.S. Department of Agriculture's (USDA) school nutrition programs. Schools and institutions are required to make reasonable meal modifications for children whose physical or mental impairment restricts their diet. For guidance on meal modifications and instructions for completing this form, see the Connecticut State Department of Education’s (CSDE) Guidance and Instructions: Medical Statement for Meal Modifications in School Nutrition Programs.

Note: The USDA requires that the medical statement includes information about the child’s physical or mental impairment that is sufficient to alter the school food authority (SFA) to understand how the physical or mental impairment restricts the child’s diet; an explanation of what must be done to accommodate the child’s disability; and if appropriate, the food or foods to be counted and recommended alternatives. Schools and institutions should not deny or delay a requested meal modification because the medical statement does not provide sufficient information. When necessary, schools and institutions should work with the child’s parent or guardian to obtain the required information.

Section A – Completed by parent or guardian

1. Name of child: ____________________________
2. Date: ____________________________
3. Name of parent or guardian: ____________________________
4. Please provide (with tax code): ____________________________
5. E-mail address: ____________________________
6. Address: ____________________________
   City: ____________________________
   State: ____________________________
   Zip: ____________________________
7. In accordance with the provisions of the Health Insurance Portability and Accountability Act (HIPAA) of 1996 and the Family Educational Rights and Privacy Act (FERPA), I hereby authorize ____________________________ (name of child’s recognized medical authority) to release such protected health information of my child as is necessary for the specific purpose of special diet information to ____________________________ (name of school district) and I consent to allow the recognized medical authority to follow
   these procedures:
   ____________________________
   (Describe the procedures)
   ____________________________
   I authorize the school to contact ____________________________ (name of school district) to verify the accuracy of this information. I understand that I may refuse to sign this authorization without impact on the eligibility of my request for a special diet for my child. I understand that I may request permission to review this information at any time, except when the information has already been released.
8. Signature of parent or guardian: ____________________________
9. Date: ____________________________

Section B – Completed by child’s recognized medical authority

10. Physical or mental impairment: Does the child have a physical or mental impairment that restricts the child’s diet?
   □ Yes □ No
   Describe how the child’s physical or mental impairment restricts the child’s diet:

11. Diet plan: Explain the meal modifications for the child. Attach a specific diet plan, if needed.

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Guidance and Instructions: Medical Statement for Meal Modifications in School Nutrition Programs

The Connecticut State Department of Education’s (CSDE) Medical Statement for Meal Modifications in School Nutrition Programs applies to requests for meal modifications for children participating in the U.S. Department of Agriculture’s (USDA) school nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). At-risk Snack Program implemented in schools.

School food authorities (SFAs) for schools and institutions that participate in the USDA school nutrition programs:

- are required to make reasonable meal modifications for children whose physical or mental impairment (disability) restricts their diet; and
- have the option to make meal modifications for children whose special dietary needs do not constitute a disability, if the requested modification complies with the USDA meal patterns.

This document provides general guidance on the requirements for meal modifications (pages 1-7) and instructions for completing the CSDE’s Medical Statement for Meal Modifications in School Nutrition Programs (pages 8-9). For detailed guidance on the requirements for modified meals, review the CSDE’s guide, Accommodating Special Diets in School Nutrition Programs.

Determining if a Meal Modification is Required

SFAs can determine if a child requires a meal modification by reviewing question 10 in section B of the CSDE’s Medical Statement for Meal Modifications in School Nutrition Programs form. Question 10 asks if the child has a physical or mental impairment that restricts their diet. If the recognized medical authority’s answer is “Yes,” the SFA must make the meal modification. If the recognized medical authority’s answer is “No,” the SFA can choose, but is not required, to make the meal modification. For more information, see “What constitutes a disability” on page 9.

Meal Modifications for Children with Disabilities

Federal law and USDA regulations require that SFAs make reasonable meal modifications on a case-by-case basis to accommodate children whose disability restricts their diet. A “reasonable modification” is an alteration or alteration in policies, practices, and/or procedures to accommodate a disability that enables children with disabilities to have equal opportunity to participate in or benefit from a program.

A request for a reasonable modification must be related to the disability or limitations caused by the disability and require a medical statement from a state-licensed healthcare professional who is authorized to write medical prescriptions under state law. The Connecticut State Department of Public Health defines a recognized medical authority as a physician, physician assistant, doctor of osteopathy, or advanced practice registered nurse (APRN). APRNs include nurse practitioners, clinical nurse specialists, and certified nurse anesthetists who are licensed as APRNs.

Medical statement must include

- Information about child’s physical or mental impairment (disability) that is sufficient to allow the SFA to understand how the impairment restricts the child’s diet
- An explanation of what must be done to accommodate the child’s disability
- If appropriate, the food or foods to be omitted and recommended alternatives
Recommendation: Use the CSDE’s form

If SFA uses an alternate form, it must contain the *same* information required by USDA

To protect children’s privacy and confidentiality, the SFA’s medical statement cannot require a specific diagnosis by name or use the term “disabled” or “disability”
Reviewing the Medical Statement

- If the meal modification request is related to the child’s disabling condition, it is almost *never* appropriate for SFA to decline the meal modification.

- **Exception:** Modification request that would fundamentally alter the nature of the USDA school nutrition programs (extremely rare)

Example: A child with a disability consumes their lunch at home every day and the family requests that the SFA provides modified meals to send home with the child.
Denying a Request

- If SFA declines the request, must ensure that the child’s parents/guardians understand their rights (Procedural Safeguards)
Procedural safeguards include the right to

• *file a grievance* if parents/guardians believe a violation has occurred regarding the request for a reasonable modification

• receive a *prompt and equitable resolution* of the grievance

• request and participate in an *impartial hearing* to resolve their grievances

See page 6 of Operational Memorandum 13-17
Procedural safeguards include the right to

- be *represented by counsel* at the hearing
- *examine* the record
- receive *notice of the final decision* and a *procedure for review*, i.e., the right to appeal the hearing’s decision

See page 6 of Operational Memorandum 13-17
Handling Missing Information

- SFA *cannot deny or delay* a requested meal modification when the medical statement has insufficient information
  - Must obtain appropriate clarification
  - Must work with parent/guardian to obtain amended medical statement
Handling Missing Information

While obtaining additional information, SFA must follow the portion of medical statement that is clear and unambiguous to greatest extent possible.

Example: If the medical statement indicates that a child experiences respiratory distress when consuming eggs, but the statement fails to identify recommended substitutes, the SFA should not serve eggs to the child, while waiting for additional information regarding substitutions.
Handling Missing Information

- USDA allows SFAs to *claim reimbursement* while waiting for medical statement.
- School officials must:
  - *document* initial conversation with family about child’s need for meal modification.
  - *follow up* with family if medical statement not received, and maintain record of this contact.
  - Diligently *continue to follow up* with family until medical statement is obtained or request is rescinded.
Updates to Medical Statements

- Changes to diet orders must be in writing on a medical statement signed by a recognized medical authority.

- Schools should develop a plan for ensuring that dietary information on file is current.

- USDA recommends that SFAs maintain documentation when ending a meal accommodation.
Storage of Medical Statements

- In student’s Cumulative Health Record (CHR), maintained by school nurse
  - CHR serves as the official student health record in Connecticut schools
Sharing of Medical Statements

- School nurse should *share copies* with school food service personnel for purposes of meal modifications

- Family Educational Rights and Privacy Act (FERPA) allows sharing of confidential student information when there is a *legitimate educational interest*, such as making meal modifications for special dietary needs
Good communication is important

- USDA encourages *inclusive team approach* to provide appropriate meal modifications
  - school nurse and other medical personnel
  - school food service personnel
  - school administrators
  - parents/guardians
  - children (when age appropriate)
  - other school officials with relevant experience, e.g., school dietitians
SFA’s Obligations for Reasonable Meal Modifications
SFA must offer a *medically appropriate* and *reasonable* modification that effectively *accommodates* the child’s disability and provides *equal opportunity* to participate in or benefit from the school nutrition program.
General Guideline for Meal Modifications

- Modification must be related to the child’s disability based on the medical statement.
- Must assess each request on a case-by-case basis to determine appropriate modification.
- Can consider cost, efficiency, and age of child.
Food Allergies

- Generally considered to be a disability, even if not life-threatening
- Can often be accommodated within the meal patterns

Example: If a child has an allergy to one fruit or vegetable, the SFA can substitute another fruit or vegetable in the child’s meal
Food Allergies

- LEA must have a food allergy management plan
Connecticut General Statute 10-212c: Life-threatening food allergies and glycogen storage disease: Guidelines; district plans

- CSDE developed guidelines
- Board of education must implement a plan for management of students with life-threatening food allergies and glycogen storage disease, based on CSDE guidelines

https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-212
Guidelines for Managing Life-threatening Food Allergies in Connecticut Schools

- Includes roles and responsibilities for school nurse and school food service staff

SFA’s Overall Responsibilities for Food Allergies

- Provide a *safe meal* and *safe environment* to consume the meal
- Ensure modified meals *meet each child’s prescribed guidelines* and are free of all ingredients suspected of causing an allergic reaction

*Connecticut State Department of Education • December 2018*
SFA’s Overall Responsibilities for Food Allergies

- Use *proper storage, preparation, and cleaning techniques* to prevent exposure to allergens through cross contamination

- Make *nutrition information* available to students, families, school nurses, and others as needed
Nutrition Information

- If a product’s label does not provide adequate information, it is the SFA’s responsibility to obtain the information necessary to ensure a safe meal for the child.

- SFA should contact the product’s supplier or manufacturer to obtain the required information.
Nutrition Information

- SFA is *not* required to provide nutrition information for *all foods* offered in school meals

Example: If a child with diabetes must track their carbohydrate intake, the SFA is not required to provide nutrition information for all food choices available during the lunch and breakfast meal service.

Reasonable accommodation: Develop a cycle menu and provide nutrition information for the foods on the cycle menu.
Nutrition Information for USDA Foods

USDA Foods Product Information Sheets

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Each solicitation of USDA Foods may vary based on the vendor who received the bid

https://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets
Nutrition Information for USDA Foods

USDA Direct Delivery Food Items (Brown Box)

<table>
<thead>
<tr>
<th>USDA Foods Product Information Sheets</th>
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<tbody>
<tr>
<td><strong>Include</strong></td>
</tr>
<tr>
<td>- Product description</td>
</tr>
<tr>
<td>- Crediting/yield</td>
</tr>
<tr>
<td>- Culinary tips and recipes</td>
</tr>
<tr>
<td>- Food safety information</td>
</tr>
<tr>
<td>- General Nutrition Facts label</td>
</tr>
</tbody>
</table>

* Must obtain product-specific information from manufacturer if needed for students with food allergies
Nutrition Information for USDA Foods

Steps for obtaining nutrition information and ingredients

1. Check the outside of the case
2. Check on the inside packaging
3. Go directly to the product manufacturer
4. If you need assistance, contact the FDP

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Nutrition Information for Further Processed USDA Foods

- USDA Foods further processing allows RAs to contract with commercial food processors to convert raw and/or bulk USDA Foods into a variety of ready to use products
  - Example: Raw chicken into Tyson chicken nuggets
Nutrition Information for Further Processed USDA Foods

- Agreement between Connecticut FDP and processor requires that processor must
  - provide product nutrition information to Recipient Agencies (RAs) upon request
  - make available product nutrition information on their website

- Contact Connecticut FDP if problems finding or obtaining nutrition information for any further processed USDA Foods
Food Substitutions

- SFA is not required to provide a modified meal that is the *same* as the meal offered each day
The “regular” lunch menu item is whole grain-rich (WGR) pasta with cheese and vegetables. Is the school food service program required to prepare WGR pasta with lactose-free cheese and vegetables for a child with lactose intolerance?

No
Example: Same Menu Item

- SFA’s responsibility is to serve the child a *safe meal* that accommodates the disability, *not the same meal*

- SFA could serve a *different meal* that meets the child’s modification request, such as a turkey sandwich with WGR bread
Food Substitutions

- SFA is not required to provide a specific number of alternate meals
The medical statement for a child with a disability requests that the child must have a different lunch choice every day. Is the school food service program required to provide this many alternate meals?

No
Example: Number of Meals

- SFA’s responsibility is to serve the child a safe meal that accommodates the disability, not a specific number of meals.
Example: Number of Meals

- Depending on child’s *individual medical condition* and the *recognized medical authority’s instructions*, a reasonable modification could be offering
  
  - the *same modified meal* that meets the child’s specific dietary needs each time the child eats school meals *OR*
  
  - a *cycle menu* of modified meals that meet the child’s specific dietary needs
Best Practice for Alternate Meals

- Develop *cycle menus* for specific diets, e.g.,
  - 5-day gluten-free cycle menu
  - 2-week cycle menu for a specific food allergy

- **Consider input** from medical professionals, school nutritionist, school nurse, and other members of the Section 504 team, as appropriate

- **Check with parents/guardians** to ensure menu meets child’s specific dietary needs
Best Practice for Alternate Meals

- Whenever possible, the USDA encourages SFAs to offer children with disabilities a variety of options over the school week that is similar to the weekly variety of options offered to children without disabilities.
Food Substitutions

SFA is generally not required to provide a *specific brand of food*, unless medically necessary.
A child with celiac disease has a medical statement signed by a physician that indicates ABC brand of gluten-free chicken patty should be substituted for the regular chicken patty. Is the school food service program required to provide the ABC brand of gluten-free chicken patty?

No
The SFA is *generally not required* to provide the requested brand of food, but must offer to provide a substitute that does not contain the specific allergen that affects the child.

The meal substitution can include *any brand or type of food* that meets the child’s special dietary needs.
Example: Specific Brand of Food

Appropriate substitutes might include

- a different brand of gluten-free chicken patty that meets the child’s special dietary needs
- another type of chicken that meets the child’s special dietary needs, e.g., gluten-free grilled or baked chicken
- another type of food that meets the child’s special dietary needs, e.g., gluten-free hamburger or sliced turkey
Texture Modifications

- Meals modified for texture (chopped, ground or pureed) consist only of *regular menu items*, unless otherwise specified.

- Medical statement not required but *recommended*
Meal Services Outside USDA Programs

- SFAs are not required to provide meal services, special foods, or supplements to children with disabilities when the meal service is not normally available for the general student body.
Meal Services Outside USDA Programs

Two Exceptions

1. If a child’s IEP requires a meal that the LEA does not provide, or special foods or nutrition supplements outside of the normal school meal periods, the LEA is responsible for providing them and allocating the cost of making these accommodations.

2. If a child resides in a residential child care institution (RCCI), the RCCI must provide the required meal service in the child’s medical statement or IEP.
A school participates in the NSLP and SBP. The medical statement for a child with a disability requires 6 cans of a nutrition supplement during the school day. Is the SFA required to provide and pay for all 6 servings?
A school participates in the NSLP and SBP. The medical statement for a child with a disability requires 6 cans of a nutrition supplement during the school day. Is the SFA required to provide and pay for all 6 servings?

Depends on whether child has IEP
**Example: Meal Services Outside USDA Programs**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Is supplement required?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast (SBP): 2 cans</td>
<td>Yes</td>
</tr>
<tr>
<td>AM Snack: 1 can</td>
<td>No</td>
</tr>
<tr>
<td>Lunch (NSLP): 2 cans</td>
<td>Yes</td>
</tr>
<tr>
<td>PM Snack: 1 can</td>
<td>No</td>
</tr>
</tbody>
</table>

* LEA *must* provide and may *choose* to have SFA cover cost

* *IEP* must provide and may choose to have SFA cover cost.*
### SFA versus LEA Responsibility

<table>
<thead>
<tr>
<th>SFA (food service)</th>
<th>LEA (district/governing authority)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Responsible for providing the necessary <em>meal modifications</em> for children participating in school nutrition programs</td>
<td>- <em>Overall responsibility</em> for accommodating children with disabilities</td>
</tr>
<tr>
<td></td>
<td>- May have additional obligations under federal law, beyond the scope of USDA guidance</td>
</tr>
</tbody>
</table>
Examples of SFA versus LEA Responsibility

Refer to page 27 of the CSDE’s guide, *Accommodating Special Diets in School Nutrition Programs*

Identifying Students

LEA’s policies and practices must protect the privacy of children who have a disability and maintain the confidentiality of each child’s medical condition.

LEAs *cannot outwardly identify students* whose disability requires a meal modification.
Identifying Students

Unacceptable practices

- Posting student lists in public areas
- Asking students or their parents to consent to a physical designation, such as wearing a lanyard, bracelet, pin, sticker, or similar item
Identifying Students

Acceptable practices

- Point-of-sales (POS) cash register system
- Different colored plates or trays to identify meals that meet specific dietary criteria
- Colored tags or labels, placards, or similar signage near each food item on the serving line to identify each food item’s dietary criteria
Identifying Students

Acceptable practices

- Providing regular updates for each child whose disability requires a meal modification and posting this information in locations that are only visible to school food service staff, such as the kitchen and behind counters and serving lines
Identifying Students

Acceptable practices

- Providing ongoing communication with parents, such as parent forums or meetings, to explain the district’s procedures for meal modifications, menus, and how the cafeteria ensures allergen-free meals
Food Service Management Company (FSMC) Contracts

- Federal regulations specifically prohibit disability discrimination in vended contracts
- SFAs must make reasonable modifications for children with disabilities, regardless of whether the SFA operates the food service or contracts with a FSMC
- As applicable, must include modifications for children with disabilities in the FSMC contract
SFAs must make certain the FSMC is aware that dietary modifications may be required during the term of the contract.

Review USDA Memo SP 40 CACFP 12 SFSP 14-2016, *Updated Guidance: Contracting with Food Service Management Companies*.
**Appropriate Eating Areas**

- Must accommodate children with disabilities in *least restrictive* and *most integrated* setting
  - Children with disabilities must participate with children without disabilities to the maximum extent appropriate

- Ensure food service areas are *accessible*

- Provide *auxiliary aids and services*, if needed
  - food service aides
  - adaptive feeding equipment
  - meal tracking assistance
  - other effective methods
Separate table for children with certain special needs may be appropriate under some circumstances

- Must always be based on what is appropriate to meet children’s needs
- Cannot segregate as a matter of convenience or for disciplinary reasons
Example: Appropriate Eating Areas

A child requires a large degree of assistance from an aide in order to consume their meals. During the meal service, is it appropriate for the child and the aide to be at a separate table that has more space?

Yes  If in best interest of meeting child's needs
Example: Appropriate Eating Areas

A school designates a separate table in the cafeteria where children with severe food allergies can safely consume their meals. Is this an appropriate practice?

Yes

- If in best interest of meeting child's needs
- Must be cleaned according to food safety guidelines to eliminate possible cross-contamination of allergens on tables and seating
Example: Appropriate Eating Areas

A school designates an area away from the cafeteria where children with severe food allergies can safely consume their meals. Is this an appropriate practice?

- If in best interest of meeting child's needs
- Must be cleaned according to food safety guidelines to eliminate possible cross-contamination of allergens on tables and seating

Yes
Separate Eating Areas for Food Allergies

- School should determine if special seating arrangement is *truly necessary*
  - Get input from child’s parent/guardian and recognized medical authority

- **Allow other children to join** children with food allergies, provided they do not bring any foods that are potentially dangerous to those children
Food Bans

- Universal exclusion of specific foods (or food groups) is *not USDA policy*
  - Could be appropriate depending on local circumstances

- If a school enacts a universal ban, the specific allergen must *never be present in the school*
  - Family will assume the school is a safe place for their child based on the stated ban
Meal Modifications for Children without Disabilities
Meal Modifications for Children *without* Disabilities

- Optional
- Must always comply with the USDA meal patterns
- Medical statement not required
  - CSDE recommends medical statement to ensure clear communication between parents/guardians and school staff about appropriate meal modifications
Accommodating Students’ Personal Food Preferences

- Offer a variety of menu options
- Implement offer versus serve (OVS)

- General health concerns
- Personal preferences
- Vegetarianism
- Religious or moral convictions
Milk for grades K-12 must be

- low-fat (1%), unflavored or flavored
- fat-free, unflavored or flavored
Milk Substitutes for Children without Disabilities (Grades K-12)

- SFAs may choose to offer one or more **allowable milk substitutes**, including:
  - lactose-reduced or lactose-free milk, low-fat (1%) or fat-free, flavored or unflavored
  - a nondairy beverage that meets
    - USDA’s nutrition standards for fluid milk
    - beverage requirements of state statute (C.G.S. Section 10-221q)
Milk Substitutes for Children without Disabilities (Preschoolers)

- Milk for preschoolers (ages 1-4) must be
  - **age 1:** whole unflavored milk
  - **ages 3-4:** unflavored low-fat (1%) or unflavored fat-free milk
Milk Substitutes for Children without Disabilities (Preschoolers)

- SFAs may choose to offer one or more *allowable milk substitutes*, including:
  - lactose-reduced or lactose-free milk, (must meet requirements for each age group)
  - a nondairy beverage that meets
    - USDA’s nutrition standards for fluid milk
    - beverage requirements of state statute (C.G.S. Section 10-221q)
Without a disability, SFAs cannot offer juice or water as a substitute for milk, even if specified on a medical statement.
Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs

Public schools, private schools, and residential child-care institutions (RCCI) participating in the U.S. Department of Agriculture’s (USDA) school nutrition programs must follow the federal requirements for meal modifications for children without disabilities who cannot drink milk. School nutrition programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Seamless Snacks Option (SSO) of the NSLP, Special Milk Program (SMP), and Child and Adult Care Food Program (CACFP) after-school supper program implemented in schools.

Each school food authority (SFA) has the option to make this accommodation by offering one or more allowable milk substitutes for children with disabilities. If an SFA chooses to make allowable milk substitutes available, they must be available for all children when served by their parent or guardian. These substitutions are at the expense of the SFA. The USDA does not provide additional reimbursement.

For children without disabilities, SFAs cannot claim reimbursement for meals that contain non- or otherwise beverages as part of milk, such as juice, water, or non-milk beverages that do not meet the USDA’s nutrition standards for fluid milk substitutes.

Note: The following changes apply only to milk substitutes for children with disabilities. Meal modifications for children with disabilities must comply with the USDA’s requirements. For more information, see the Connecticut State Department of Education’s (CSDE) guide, Accommodating Special Diets in School Nutrition Programs.

Allowable Milk Substitutes

SFAs may choose to offer one or more allowable milk substitutes for children whose special dietary needs do not constitute a disability. The two types of allowable substitutes for children without disabilities include:

1. Non-dairy milk substitutes that meet the USDA’s nutrition standards for fluid milk substitutes (see Table 1), such as various brands of soy milk, and
2. Lactose-reduced or lactose-free milk with the appropriate fat content for each grade group, i.e., low-fat milk, whole or flavored; and fat-free milk (unflavored or flavored) for grades K-12, while unflavored milk for age 1, and unflavored low-fat or fat-free milk for ages 2-4.

SFAs may choose to offer only one milk substitute, such as lactose-free low-fat unflavored milk. If children decide not to take this option, the SFA is not obligated to offer any other milk substitutes. SFAs could also choose, but are not required, to offer a second option of a lactose-free beverage that meets the USDA’s nutrition standards for fluid milk substitutes. The USDA recommends that lactose-free or lactose-reduced milk is the first choice for a child who has lactose intolerance.

Process for Requesting Meal Modifications
Notifying Families

- SFAs must notify families about
  - the *process* for requesting meal modifications
  - who is *responsible* for coordinating modifications
  - when parents/guardians must submit *medical statement* for their child’s modification request
Notifying Families

- Notification methods may include
  - posting of notices
  - placement of notices in relevant publications
  - radio announcements
  - use of other visual and auditory media
Ideas for Notifying Families

- Include information about modification requests when sending out applications for free and reduced-price school meals.

- Post a flier with information about modification requests at the entrance of the school and/or school cafeteria.
Ideas for Notifying Families

■ Include information about modification requests in *student handbooks*, provided to families annually

■ Post information about modification requests where *school lunch menus are posted* on school or district websites
Reimbursement, Cost, and Price for Modified Meals
Reimbursement for Modified Meals

- Reimbursement for a modified meal is based on a child’s eligibility for free, reduced price, or paid meals, regardless of the extent of the meal modification.

- No additional USDA reimbursement.

Example: If the SFA does not operate the SBP, the SFA will not receive USDA reimbursement for breakfast meals served to accommodate a child with a disability under an IEP or 504 Plan.
Covering Cost for Modified Meals

- When necessary, SFAs may use funds from the nonprofit school food service account to cover additional meal costs.
- LEA may use the general fund or special education funds (if specified in the child’s IEP) to offset additional meal costs.
SFAs cannot charge children with disabilities more than they charge other children for USDA meals.
Summary of USDA Requirements
<table>
<thead>
<tr>
<th>Criteria</th>
<th>Disability</th>
<th>No Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is meal modification required?</td>
<td>Yes, if disability restricts the child’s diet</td>
<td>No</td>
</tr>
<tr>
<td>Is a medical statement signed by recognized medical authority required?</td>
<td>Yes, unless the same information is in child’s IEP or Section 504 Plan</td>
<td>No, but recommended</td>
</tr>
<tr>
<td>Are modified meals required to meet the USDA meal patterns?</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Determining if Meal Modifications are Required

- Refer to page 7 of the CSDE’s guide, *Accommodating Special Diets in School Nutrition Programs*

Procedural Safeguards
Procedural Safeguards
See page 6 of Operational Memorandum 13-17

- LEAs must establish a procedural safeguards process that provides *notice and information* to parents/guardians regarding
  - how to request a reasonable meal modification
  - their procedural rights for grievance procedures
Procedural Safeguards

- LEAs must work with school food service personnel to implement procedures for parents/guardians to request meal modifications for children with disabilities and to resolve grievances
  - May meet this requirement by using existing procedures to address requests to accommodate students with disabilities in the classroom, in compliance with Section 504 or the IDEA
At a minimum, the LEA must:

- notify *parents/guardians* of the process for requesting meal modifications to accommodate a child’s disability
- arrange for an *impartial hearing process* to resolve grievances related to requests for meal modifications based on a disability
Procedural Safeguards

LEAs employing at least 15 individuals must ensure their procedural safeguards process provides for a *prompt and equitable resolution of grievances*, and must designate at least one person to coordinate compliance with disability requirements.

- often referred to as the Section 504 Coordinator

Do you know your Section 504 Coordinator?
Section 504 Coordinator

- In many cases, the Section 504 Coordinator is responsible for *addressing requests for accommodations in the school in general*.
- May also be responsible for ensuring compliance with disability requirements related to meals and the meal service.
LEAs are not required to have a separate 504 Coordinator who is only responsible for meal modifications.

LEAs should ensure that school food service personnel understand the procedures for handling requests for meal modifications and know how to contact the Section 504 Coordinator.
Resources
Special Diets in School Nutrition Programs

Overview

School Nutrition Programs | Program Guidance | Forms | Resources | Nutrition Education

The Connecticut State Department of Education’s (CSDE) Accommodating Special Diets in School Nutrition Programs (SDS) provides information and guidance for the U.S. Department of Agriculture’s (USDA) school nutrition programs on providing meals for children with special dietary needs, based on federal laws and USDA regulations. School nutrition programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Special Milk Program (SMP).

Children with a Disability

The USDA requires reasonable meal modifications on a case-by-case basis for children whose disability restricts their diet based on a medical statement signed by a recognized medical authority. The Connecticut State Department of Public Health defines a recognized medical authority as licensed physicians (doctors of medicine or osteopathy), physician assistants, and advanced practice registered nurses (APRNs), including nurse practitioners, clinical nurse specialists, and certified nurse anesthetists who are licensed as APRNs.

Children without a Disability

The USDA allows, but does not require, meal modifications for children whose special dietary needs do not constitute a disability, including those related to religious or moral convictions, general health concerns, and personal food preferences, such as a preference that a child eat a gluten-free diet because a parent believes it is better for the child. SFAs may choose to make these accommodations on a case-by-case basis. All meal modifications for children without disabilities in grades K-12 must comply with the USDA meal patterns for grades K-12 and all meal modifications for preschoolers without disabilities must comply with the USDA meal patterns for preschoolers.

The CSDE encourages school nutrition programs to develop a written policy and standard operating procedures (SOPs) for special dietary accommodations in school meals. For information on developing policies, click on What’s Next in the left navigation bar.

CSDE Guidance

- Allowable Milk Substitutes for Children without Disabilities
- Accommodating Special Diets in School Nutrition Programs
- CSDE Operational Memo No. 13-17: Requirements for Meal Modifications in the School Nutrition Programs
- Self-assessment of Local Policies for Special Diets in School Nutrition Programs
- Summary of Requirements for Accommodating Special Diets in School Nutrition Programs

https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs
Developing Policies for Special Diets in School Nutrition Programs (in “What’s Next” section)

Special Diets in School Nutrition Programs

What’s Next

Developing Policies for Special Diets in School Nutrition Programs

Written policies for meal modifications are important because they:

- provide clear guidelines for students, families, and school staff;
- ensure consistent practices in all schools and among all staff members;
- document compliance with federal and state requirements and best practices;
- educate families regarding school practices and procedures;
- provide a basis to evaluate program activities and staff members; and
- demonstrate the LEA’s commitment to children’s health and well-being.

Accommodating Special Diets in School Nutrition Programs

Operational Memorandum No. 13-17 (August 4, 2017)
Requirements for Meal Modifications in the School Nutrition Programs

In Your Handouts

Self-assessment of Local Practices for Special Diets in School Nutrition Programs

This tool is intended to help local educational agencies (LEAs) assess current practices for accommodating special diets in school meals and identify areas in need of improvement. For information on the requirements for meal modifications for children with special dietary needs, see the Connecticut State Department of Education's (CSDE) "Self-assessment of Local Practices for Special Diets in School Nutrition Programs":

Step 1 - Assessment. Check the appropriate box to indicate whether each recommendation is fully implemented, partially implemented, or not implemented by the LEA. Refer to the LEA’s policies, guidelines, and procedures for special diets, and the food allergy management plan.

<table>
<thead>
<tr>
<th>Federal and state requirements</th>
<th>Implementation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The LEA follows all federal and state requirements for accommodating children with special dietary needs, including the Connecticut General Statutes (Sections 10-21b-15), the U.S. Department of Agriculture (USDA) school meals regulations (7 CFR 210 and 7 CFR 225) and nondiscrimination regulations (7 CFR 15a), Section 504 of the Rehabilitation Act of 1973, the Individuals with Disabilities Education Act (IDEA), the Americans with Disabilities Act (ADA), the ADA Amendments Act, and the Family Educational Rights and Privacy Act (FERPA).</td>
<td>Full</td>
</tr>
<tr>
<td>2. The LEA makes meal modifications on a case-by-case basis for students whose disability restricts their diet, based on the prescription in the medical statement signed by a recognized medical authority, i.e., physician, physician assistant, or advanced practice registered nurse (APRN). The medical statement identifies: how the child’s physical or mental impairment restricts the child’s diet; an explanation of what must be done to accommodate the child; and the food or foods to be omitted and recommended alternatives, if appropriate.</td>
<td>Full</td>
</tr>
</tbody>
</table>

Note: The CSDE’s Medical Statement for Meal Modifications in School Nutrition Programs is available on the CSDE’s Special Diets in School Nutrition Programs webpage.

3. For students without a disability that restricts their diet (such as religious, personal preference, or general health reasons), the LEA makes modifications to school meals on a case-by-case basis. Note: LEAs can choose, but are not required, to make these accommodations.

4. Modified meals for students without a disability comply with the USDA’s meal patterns for school nutrition programs. For more information, see the CSDE’s Meal Patterns for Grades K-12 in School Nutrition Programs and Meal Patterns for Preschoolers in School Nutrition Programs webpage.

5. The LEA maintains medical statements on file for students requiring meal accommodations due to disabilities or other special medical needs.

6. School food service personnel take the necessary steps to prevent event identification of students with special dietary needs.

7. The LEA takes appropriate precautions to prepare and serve safe meals for children with food allergies. Procedures are as follows:

   - Develop a food allergy严重性 plan for each child with life-threatening food allergies;
   - Check ingredient labels for all foods served to children with food allergies;
   - Designate an area in the kitchen for allergy-free meals and use separate equipment and utensils during preparation, cooking, and serving;
   - Develop cleaning procedures that avoid cross-contamination;
   - As required by C.G.S. Section 10-21b, provide annual and ongoing training for staff, including management of students with life-threatening food allergies and administration of epinephrine auto-injectors.

8. The LEA includes an interdisciplinary team of appropriate personnel involved in the planning and implementation of meal accommodations, such as school food service personnel, school administrators, school medical personnel, Section 504 team members, school dietitians, and other school staff with relevant expertise.

9. The team develops and communicates the LEA’s policy and procedures to address issues meal accommodations for students with special dietary needs.

USDA Policy Memos

  Accommodating Disabilities in the School Meal Programs: Guidance and Q&As

- USDA Memo SP 59-2016 (September 26, 2016)
  Policy Memorandum on Modifications to Accommodate Disabilities in the School Meal Programs
USDA Resource

Accommodating Children with Disabilities in the School Meal Programs

USDA-FNS
Accommodating Children with Disabilities in the School Meal Programs
Guidance for School Food Service Professionals

United States Department of Agriculture
Food and Nutrition Service
7/25/2017

Special Diets Resource List

NUTRITION RESOURCES

Special Diets

This list contains online resources for accommodating special diets in school nutrition programs. Resources are listed by main category. Hashtag and guides are at the end. Many websites contain information on multiple content areas. Note: The inclusion of commercial websites or products in this informational resource only does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to food and nutrition, see the CSDE’s other resource lists on the Resources for Child Nutrition Programs webpage.

Contents

- Accommodating Special Dietary Needs
- Caloric Intake
- Diabetes
- Eating Disorders
- Feeding Problems
- Food Allergies
- Isomix Basis of Metabolism
- Lactose Intolerance

For more information, visit the CSDE’s Nutrition Education webpage or contact Susan J. Fees, M.S., R.D., Nutrition Educator, Connecticut State Department of Education, Bureau of Health/Life, Family Services and Adult Education, 45 Columbus Boulevard, Suite 304, Hartford, CT 06103, 860-577-2170, susan.fees@ct.gov.

The CSDE is committed to a policy of equal opportunity: affirmative action for all qualified persons. The CSDE does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disability, physical disability or learning disability, genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The CSDE does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Persons regarding the CSDE’s nondiscrimination policies should be referred to: Lee Collins, Equal Employment Opportunity Director, Agreements with Districts, Art Coordinators, CSDE, 45 Columbus Boulevard, Suite 304, Hartford, CT 06103, 860-577-2170, lee.collins@ct.gov.
SNA Food Allergy Resources Website

http://schoolnutrition.org/learning-center/food-allergy/

Connecticut State Department of Education • December 2018

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Special Diets Training

Plan meals to accommodate students requiring special diets, including food allergies.

<table>
<thead>
<tr>
<th>Title</th>
<th>Developer</th>
<th>Format</th>
<th>State Specific</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing Food Allergies in School Nutrition Programs</td>
<td>Institute of Child Nutrition</td>
<td>Online training, Training materials</td>
<td>Unlimited Access</td>
</tr>
<tr>
<td>Carbohydrate Counting for School Nutrition Programs (SNPs)</td>
<td>Institute of Child Nutrition</td>
<td>Online training, Training materials</td>
<td>Unlimited Access</td>
</tr>
<tr>
<td>Managing Food Allergies, Celiac Disease &amp; Gluten Free Needs in Schools</td>
<td>General Mills: Bell Institute of Health and Nutrition</td>
<td>Webinar</td>
<td></td>
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<tr>
<td>Online Food Allergies</td>
<td></td>
<td>Online training</td>
<td></td>
</tr>
<tr>
<td>Workshops to Go - Gluten-Free at School</td>
<td>The John C. Stalker Institute of Food and Nutrition at Framingham State University.</td>
<td>Face-to-Face Training</td>
<td>Massachusetts</td>
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<tr>
<td>School Nutrition Toolbox: Serving Students with Special Needs</td>
<td>Project PA.</td>
<td>Online training</td>
<td>Unlimited Access</td>
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<tr>
<td>Workshops to Go - Food Allergies</td>
<td>The John C. Stalker Institute of Food and Nutrition at Framingham State University.</td>
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<td>Massachusetts</td>
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<tr>
<td>Food Allergen Testing for Food Service Employees</td>
<td>University of Minnesota Extension.</td>
<td>Online training</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Workshops to Go - Back to Basics: Meat Alternates</td>
<td>The John C. Stalker Institute of Food and Nutrition at Framingham State University.</td>
<td>Face-to-Face Training</td>
<td>Massachusetts</td>
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<tr>
<td>Managing Food Allergies in School Nutrition Programs - Online Course</td>
<td>Institute of Child Nutrition.</td>
<td>Online training</td>
<td>Unlimited Access</td>
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</tbody>
</table>

## CSDE SCHOOL NUTRITION PROGRAMS STAFF

<table>
<thead>
<tr>
<th>County</th>
<th>Consultant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fairfield County (includes Region 9)</td>
<td>Fionnuala Brown</td>
</tr>
<tr>
<td>Litchfield County (includes Regions 1, 6, 7, 12, and 14)</td>
<td><a href="mailto:fionnuala.brown@ct.gov">fionnuala.brown@ct.gov</a> • 860-807-2129</td>
</tr>
<tr>
<td>Hartford County (includes Region 10)</td>
<td>Teri Dandeneau</td>
</tr>
<tr>
<td>Middlesex County (includes Regions 4, 13, and 17)</td>
<td><a href="mailto:teri.dandeneau@ct.gov">teri.dandeneau@ct.gov</a> • 860-807-2079</td>
</tr>
<tr>
<td>New Haven County (includes Regions 5, 15 and 16)</td>
<td>Jackie Schipke</td>
</tr>
<tr>
<td>New London County</td>
<td>Susan Alston</td>
</tr>
<tr>
<td>Tolland County (includes Regions 8 and 19)</td>
<td><a href="mailto:susan.alston@ct.gov">susan.alston@ct.gov</a> • 860-807-2081</td>
</tr>
<tr>
<td>Windham County (includes Region 11)</td>
<td></td>
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</tbody>
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### OTHER AREAS: Claims processing

Susan Alston
susan.alston@ct.gov • 860-807-2081
## CSDE NUTRITION PROGRAMS STAFF

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit and Vegetable Program</td>
<td>Andy Paul&lt;br&gt;<a href="mailto:andrew.paul@ct.gov">andrew.paul@ct.gov</a> • 860-807-2048</td>
</tr>
<tr>
<td>Food service management companies</td>
<td></td>
</tr>
<tr>
<td>Seamless Summer Option (SSO) of the NSLP</td>
<td>Caroline Cooke&lt;br&gt;<a href="mailto:caroline.cooke@ct.gov">caroline.cooke@ct.gov</a> • 860-807-2144</td>
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<tr>
<td>Summer Food Service Program (SFSP)</td>
<td></td>
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<tr>
<td>Special Milk Program (SMP)</td>
<td>Monica Pacheco&lt;br&gt;<a href="mailto:monica.pacheco@ct.gov">monica.pacheco@ct.gov</a> • 860-807-2086</td>
</tr>
<tr>
<td>Community Eligibility Provision (CEP)</td>
<td>Donna Heins&lt;br&gt;<a href="mailto:donna.heins@ct.gov">donna.heins@ct.gov</a> • 860-807-2082</td>
</tr>
<tr>
<td>School Wellness Policy</td>
<td></td>
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<tr>
<td>Food Distribution Program (USDA Foods)</td>
<td>Allison Calhoun-White&lt;br&gt;<a href="mailto:allison.calhoun-white@ct.gov">allison.calhoun-white@ct.gov</a> • 860-807-2008</td>
</tr>
</tbody>
</table>
| Child Nutrition Webpages
Healthy Food Certification (HFC)
Nutrition Education | Susan Fiore<br>susan.fiore@ct.gov • 860-807-2075       |