

Resource List for Special Diets in Child Nutrition Programs

This document contains websites and online resources for accommodating special diets in the U.S. Department of Agriculture’s (USDA) [Child Nutrition Programs](#). The USDA’s Child Nutrition Programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Fresh Fruit and Vegetable Program (FFVP), Special Milk Program (SMP), Seamless Summer Option (SSO) of the NSLP, Child and Adult Care Food Program (CACFP), CACFP At-risk Afterschool Meals, and the Summer Food Service Program (SFSP).

Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For guidance on menu planning, see the CSDE’s document, [Resource List for Menu Planning and Food Production in Child Nutrition Programs](#). For additional resource lists areas related to nutrition and healthy school environments, visit the CSDE’s [Resources for Child Nutrition Programs](#) webpage.



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Resource List for Special Diets in Child Nutrition Programs

Requirements and Guidance for Meal Modifications in Child Nutrition Programs

Accommodating Children with Special Dietary Needs in the School Nutrition Programs (USDA):

<https://www.fns.usda.gov/school-meals/2017-edition-accommodating-children-disabilities-school-meal-programs>

Accommodating Special Diets in CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/GuideSpecialDietsCACFPAdults.pdf>

Accommodating Special Diets in CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/GuideSpecialDietsCACFP.pdf>

Accommodating Special Diets in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsGuide.pdf>

Allowable Milk Substitutes for Adult Participants without Disabilities in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFPAdults.pdf>

Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/MilkSubstitutesSchools.pdf>

Allowable Milk Substitutes for Children without Disabilities in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFP.pdf>

Allowable Milk Substitutes in CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFPAdults.pdf>

Child Care Fact Sheet: Reading Labels for Food Allergens (ICN, 2009):

www.nfsmi.org/documentlibraryfiles/PDF/20090210032840.pdf

Developing Policies and Standard Operating Procedures (SOPs) for Meal Modifications in the School Nutrition Programs (CSDE): <https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs/What-Next>

Developing Policy and Standard Operating Procedures (SOPs) for Meal Modifications in CACFP Child Care Programs (CSDE): <https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs/What-Next>

Developing Policy and Standard Operating Procedures (SOPs) for Meal Modifications in CACFP Adult Day Care Centers (CSDE): <https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Adult-Day-Care-Centers/What-Next>

Medical Statements for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Adult-Day-Care-Centers/Documents>

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Medical Statements for CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs/Documents>

Medical Statements for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs/Documents>

Procedural Safeguards: Requirements for Procedural Safeguards for Meal Modifications in School Nutrition Programs (CSDE): [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/ProceduralSafeguardsSNP.pdf)

[/media/SDE/Nutrition/NSLP/SpecDiet/ProceduralSafeguardsSNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/ProceduralSafeguardsSNP.pdf)

Self-assessment of Adult Day Care Center Practices for Special Diets in the CACFP (CSDE):

[https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/AssessmentSpDietCACFPAdults.pdf)

[/media/SDE/Nutrition/CACFP/SpecDiet/AssessmentSpDietCACFPAdults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/AssessmentSpDietCACFPAdults.pdf)

Self-assessment of Child Care Practices for Special Diets in the CACFP (CSDE):

[https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/AssessmentSpDietCACFP.pdf)

[/media/SDE/Nutrition/CACFP/SpecDiet/AssessmentSpDietCACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/AssessmentSpDietCACFP.pdf)

Self-assessment of Local Practices for Special Diets in School Nutrition Programs (CSDE):

[https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/AssessmentSpecialDietsSchools.pdf)

[/media/SDE/Nutrition/NSLP/SpecDiet/AssessmentSpecialDietsSchools.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/AssessmentSpecialDietsSchools.pdf)

Special Diets in CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Adult-Day-Care-Centers>

Special Diets in CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs>

Special Diets in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

Summary of Requirements for Accommodating Special Diets for Adult Participants in the CACFP (CSDE): [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/ChartSpecialDietsCACFPAdults.pdf)

[/media/SDE/Nutrition/CACFP/SpecDiet/ChartSpecialDietsCACFPAdults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/ChartSpecialDietsCACFPAdults.pdf)

Summary of Requirements for Accommodating Special Diets for Children in the CACFP (CSDE):

[https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/ChartSpecialDietsCACFP.pdf)

[/media/SDE/Nutrition/CACFP/SpecDiet/ChartSpecialDietsCACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/ChartSpecialDietsCACFP.pdf)

Summary of Requirements for Accommodating Special Diets in School Nutrition Programs (CSDE): [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsChart.pdf)

[/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsChart.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsChart.pdf)

Resource List for Special Diets in Child Nutrition Programs

Celiac Disease

Beyond Celiac: <https://www.beyondceliac.org/celiac-disease/>

Celiac Disease (Medline Plus): <https://medlineplus.gov/celiacdisease.html>

Celiac Disease (National Institute of Diabetes and Digestive and Kidney Diseases):
<https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease>

Celiac Disease Center (Columbia University): <https://celiacdiseasecenter.columbia.edu/>

Celiac Disease Fact Sheet (National Institute of Diabetes and Digestive and Kidney Diseases):
https://www.niddk.nih.gov/-/media/Files/Health-Information/HF_Factsheet_Celiac_Disease_EN_SP_RF508_FINAL_508.pdf

Celiac Disease Foundation. <https://celiac.org/>

Celiac Disease Kids Site (Kids Health, Nemours Foundation):
<https://kidshealth.org/en/kids/celiac.html>

Gluten-free Foods (Celiac Disease Foundation):
<https://celiac.org/gluten-free-living/gluten-free-foods/>

Gluten-free Recipes (National Celiac Association):
<https://nationalceliac.org/gluten-free-recipes/>

Gluten and Food Labeling (FDA):
<https://www.fda.gov/food/nutrition-education-resources-materials/gluten-and-food-labeling>

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Diabetes

American Diabetes Association: <https://www.diabetes.org/>

Care of Children with Diabetes in the School and Day Care Setting (American Diabetes Association):
https://care.diabetesjournals.org/content/26/suppl_1/s131.full

Children and Diabetes (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/children-and-diabetes>

Children with Diabetes: A Resource Guide for Families and Schools (New York State Department of Health): <https://www.health.ny.gov/publications/0944.pdf>

Diabetes (USDA nutrition.gov):
<https://www.nutrition.gov/topics/diet-and-health-conditions/diabetes>

Diabetes Fact Sheets (CDC): <https://www.cdc.gov/diabetes/library/factsheets.html>

Diabetes in Schools (CDC): <https://www.cdc.gov/healthyschools/npao/diabetes.htm>

Helping the Student with Diabetes Succeed: A Guide for School Personnel (National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases):
<https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/diabetes/helping-student-diabetes-succeed-guide-school-personnel>

Learning and Diabetes: A Resource Guide for Children and Families (CSDE)
<https://portal.ct.gov/SDE/Publications/Learning-and-Diabetes>

Managing Diabetes at School (Centers for Disease Control and Prevention):
https://www.cdc.gov/diabetes/library/features/managing-diabetes-at-school.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fdiabetesinschool%2Findex.html

National Diabetes Education Program (CDC): <https://www.cdc.gov/diabetes/ndep/index.html>

National Institute of Diabetes and Digestive and Kidney Diseases (National Institutes of Health):
<https://www.niddk.nih.gov/health-information/diabetes>

Resource List for Special Diets in Child Nutrition Programs

Eating Disorders

Academy for Eating Disorders: <https://www.aedweb.org/home>

Anorexia Nervosa (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/anorexia-nervosa>

Anorexia Nervosa and Related Eating Disorders (ANRED): <https://www.anred.com/>

Disordered Eating (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/disordered-eating>

Eating Disorders (Medline Plus): <https://medlineplus.gov/eatingdisorders.html>

National Association of Anorexia Nervosa and Associated Eating Disorders (ANAD): <https://anad.org/>

National Eating Disorders Association (NEDA): <https://www.nationaleatingdisorders.org/>

Feeding Problems

Feeding and Swallowing Disorders in Children (American Speech-Language-Hearing Association (ASHA)): <https://www.asha.org/public/speech/swallowing/Feeding-and-Swallowing-Disorders-in-Children/>

Guidelines for Feeding and Swallowing Programs in Schools (CSDE): https://portal.ct.gov/-/media/SDE/Special-Education/feeding_and_swallowing.pdf

Food Allergies

Allergies and Anaphylaxis (National Association of School Nurses): <https://www.nasn.org/nasn-resources/practice-topics/allergies-anaphylaxis>

Allergies and Food Sensitivities (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/allergies-and-food-sensitivities>

American Academy of Allergy, Asthma and Immunology: <https://www.aaaai.org/>

Asthma and Allergy Foundation of America: <https://www.aafa.org/>

Avoiding Cross Contact (FARE): <https://www.foodallergy.org/resources/avoiding-cross-contact>

Common Allergens (FARE): <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens>

Food Allergy Research & Education (FARE): <https://www.foodallergy.org/>

Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) Questions and Answers (FDA): <https://www.fda.gov/food/food-allergens/gluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-questions-and-answers>

Resource List for Special Diets in Child Nutrition Programs

Food Allergies and Intolerances Resource List for Consumers (USDA National Agricultural Library, Food and Nutrition, Information Center):

https://www.nal.usda.gov/sites/default/files/fnic_uploads//allergy.pdf

Food Allergies in Schools (CDC): <http://www.cdc.gov/healthyyouth/foodallergies/index.htm>

Food Allergies in Schools Toolkit (CDC):

<https://www.cdc.gov/healthyschools/foodallergies/toolkit.htm>

Food Allergy & Anaphylaxis Emergency Care Plan (FARE):

<https://www.foodallergy.org/resources/food-allergy-anaphylaxis-emergency-care-plan>

Food Allergy (National Institutes of Health, National Institute of Allergy and Infectious Diseases):

<https://www.niaid.nih.gov/diseases-conditions/food-allergy>

Food Allergy Book: What School Employees Need to Know (NEA Health Information Network and the U.S. Department of Agriculture):

<https://community.kidswithfoodallergies.org/blog/food-allergy-book-what-school-employees-need-to-know-English-Spanish>

Food Allergy Fact Sheets (ICN): <http://https://theicn.org/icn-resources-a-z/food-allergy-fact-sheets>

Food Allergy Medline Plus (National Library of Medicine and National Institutes of Health):

<https://medlineplus.gov/foodallergy.html>

Food Allergy Research & Education (FARE): <http://www.foodallergy.org/>

Food Allergy Resource Center (School Nutrition Association):

<https://schoolnutrition.org/learning-center/food-allergy/>

Food Allergy Resources: Best Practices Fact Sheets (ICN):

<https://theicn.org/icn-resources-a-z/food-allergies>

Food Labels: Read it before you eat it! (AAAAI):

<https://www.aaaai.org/conditions-and-treatments/library/allergy-library/food-label>

Guidelines for Managing Life-threatening Food Allergies in Connecticut Schools (CSDE):

<https://portal.ct.gov/SDE/Publications/Managing-Life-Threatening-Food-Allergies-in-Connecticut-Schools>

How to Read a Food Label (FARE): <https://www.foodallergy.org/resources/how-read-food-label>

Keeping Students with Food Allergies Safe at School (Kids With Food Allergies, Asthma and Allergy Foundation of America): <https://www.kidswithfoodallergies.org/planning-for-school.aspx>

Management of Food Allergy in the School Setting (American Academy of Pediatrics):

<https://pediatrics.aappublications.org/content/126/6/1232>

Managing Food Allergies in School: The Role of School Nutrition Professionals (CDC):

https://www.cdc.gov/healthyschools/foodallergies/pdf/nutrition_508_tagged.pdf

Resource List for Special Diets in Child Nutrition Programs

Managing Food Allergies School Nutrition Directors Fact Sheet (ICN):

<https://theicn.org/resources/166/food-allergy-fact-sheets/111863/managing-food-allergies-school-nutrition-directors-fact-sheet-2.pdf>

Managing Food Allergies School Nutrition Staff Fact Sheet (ICN):

<https://theicn.org/resources/166/food-allergy-fact-sheets/111862/managing-food-allergies-school-nutrition-staff-fact-sheet-2.pdf>

Managing Life Threatening Food Allergies in Schools (Massachusetts Department of Education):

<http://www.doe.mass.edu/cnp/allergy.pdf>

Questions and Answers Regarding Food Allergens, including the Food Allergen Labeling and Consumer Protection Act of 2004 (U.S. Food and Drug Administration, 2015):

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm059116.htm

Safe at School and Ready to Learn: a Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies (NSBA):

<https://dese.mo.gov/sites/default/files/sfs-nsbafoodallergybook.pdf>

School Nutrition Association Food Allergy Resources Podcasts and Webinars (School Nutrition Association): <https://schoolnutrition.org/learning-center/food-allergy/webinars/>

School Tools: Allergy & Asthma Resources for Families, Clinicians and School Nurses (American Academy of Allergy, Asthma & Immunology):

<https://www.aaaai.org/conditions-and-treatments/school-tools>

Standard Operating Procedure (SOP): Serving Safe Food to Students with Food Allergies (ICN):

<https://theicn.org/resources/181/food-safety-standard-operating-procedures/105719/serving-safe-food-to-students-with-food-allergies-3.docx>

Standard Operating Procedure (SOP): Washing Hands (ICN):

<https://theicn.org/resources/181/food-safety-standard-operating-procedures/105741/washing-hands.docx>

Tips for Avoiding Your Allergen (FARE):

<https://www.foodallergy.org/resources/tips-avoiding-your-allergens>

Tips for Avoiding Your Allergen: Consejos para evitar su alérgeno (Spanish) (FARE):

<https://www.foodallergy.org/resources/tips-avoiding-your-allergen-esp>

Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs (CDC):

https://www.cdc.gov/healthyschools/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf

Resource List for Special Diets in Child Nutrition Programs

For more resources on reading food labels, see the CSDE's document, *Resource List for Dietary Guidance and Nutrition Information*.

Inborn Errors of Metabolism

Galactosemia (National Institutes of Health, U.S. National Library of Medicine):

<https://ghr.nlm.nih.gov/condition/galactosemia>

Hereditary Fructose Intolerance (National Institutes of Health, U.S. National Library of Medicine):

<https://ghr.nlm.nih.gov/condition/hereditary-fructose-intolerance>

Inborn Errors of Metabolism (MedlinePlus): <https://medlineplus.gov/ency/article/002438.htm>

Maple Syrup Urine Disease (National Institutes of Health, U.S. National Library of Medicine):

<https://ghr.nlm.nih.gov/condition/maple-syrup-urine-disease>

Phenylketonuria (National Institutes of Health, U.S. National Library of Medicine):

<https://ghr.nlm.nih.gov/condition/phenylketonuria>

Lactose Intolerance

Lactose Intolerance (National Digestive Diseases Information Clearinghouse):

<https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance>

What is Lactose Intolerance? Facts and Resources (National Dairy Council):

<https://www.usdairy.com/news-articles/lactose-intolerance-facts>

Resource List for Special Diets in Child Nutrition Programs

Training on Special Diets

Food Allergies for School Nutrition Managers and Staff Training Program (ICN):

<https://theicn.org/icn-resources-a-z/food-allergies-for-school-nutrition-managers-staff/>

Online Training: Carbohydrate Counting for School Nutrition Programs (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/22/CarbohydrateCountingforSNPs>

Online Training: Food Allergies in School Nutrition Programs – General Food Allergies (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/118/FoodAllergiesinSNPs-GeneralFoodAllergies>

Online Training: Food Allergies: Keeping Students Safe and Included (Food Allergy Research & Education (FARE)): <https://www.foodallergy.org/keeping-students-safe-and-included>

Online Training: Managing Food Allergies in School Nutrition Programs (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/14/ManagingFoodAllergiesinSNPs>

Orientation to School Nutrition Management: Special Needs Instructor's Manual (ICN):

<https://theicn.org/resources/117/orientation-to-school-nutrition-management/107012/special-needs-instructors-manual-for-orientation.pdf>

Orientation to School Nutrition Management: Special Needs Participant's Workbook (ICN):

<https://theicn.org/resources/117/orientation-to-school-nutrition-management/107011/special-needs-participants-workbook-for-orientation.pdf>

Orientation to School Nutrition Management: Special Needs Presentation (ICN):

<https://theicn.org/resources/117/orientation-to-school-nutrition-management/107010/special-needs-presentation-for-orientation.pptx>

Presentation: Managing Food Allergies in the Cafeteria: The Role of School Food Service Managers and Staff (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/FoodAllergyPresentation.pdf>

Presentation: Managing Food Allergies in the Cafeteria: The Role of School Food Service Managers and Staff (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/FoodAllergyPresentation.pdf>

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/FoodAllergyPresentation.pdf>

Presentation: Requirements for Meal Modifications in CACFP Adult Day Care Center (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/PresentationSpecialDietsCACFPAdults.pdf>

Presentation: Requirements for Meal Modifications in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsPresentation.pdf>

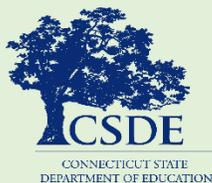
Resource List for Special Diets in Child Nutrition Programs

Requirements for Meal Modifications in CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/PresentationSpecialDietsCACFP.pdf>

Video: Managing Food Allergies in Child Care Centers (ICN):

https://theicn.org/wpfd_file/managing-food-allergies-in-child-care-centers/



For more information, visit the CSDE's webpages, [Special Diets in School Nutrition Programs](#), [Special Diets in CACFP Child Care Programs](#), and [Special Diets in CACFP Adult Day Care Centers](#), or contact the [child nutrition staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesSpecialDiets.pdf>.

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