This guidance applies to meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns and the grains/breads component, visit the "Meal Patterns" section of the Connecticut State Department of Education's (CSDE) SFSP webpage and refer to the CSDE's resource, Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns. For information on the crediting requirements, visit the CSDE's Crediting Foods in the Summer Food Service Program webpage and Crediting Documentation for the Child Nutrition Programs webpage.



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### **Definition of Enriched Grains**

Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include:

- thiamin (vitamin B<sub>1</sub>, thiamin mononitrate, or thiamin hydrochloride):
- riboflavin (vitamin B<sub>2</sub>):
- niacin (vitamin B<sub>3</sub> or niacinamide):
- folic acid (folate):
- and iron (reduced iron, ferrous sulfate, or ferric orthophosphate).

If a commercial grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour (21 CFR 137.165) and enriched cornmeal (21 CFR 137.260). Examples of enriched products include enriched bread, rolls, and buns (21 CFR 136.115); enriched macaroni products (21 CFR 139.115); enriched noodle products (21 CFR 139.155); enriched rice (21 CFR 137.350); and enriched farina (21 CFR 137.305).

Table 1 shows some examples of grain ingredients that are enriched and not enriched. This list is not all-inclusive.

Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all nutrients originally present in the whole grain. SFSP sponsors should serve whole grains more often.









Table 1. Examples of grain ingredients that are enriched or not enriched

Enriched	Not enriched <sup>1</sup>
Bleached enriched flour	Bleached flour
Enriched bromated flour	Bromated flour
Enriched corn flour	Corn flour <sup>2</sup>
Enriched corn grits	Corn grits <sup>2</sup>
Enriched cornmeal	Cornmeal <sup>2</sup>
Enriched degerminated cornmeal	Degerminated cornmeal
Enriched durum flour	Durum flour
Enriched durum wheat flour	Durum wheat flour
Enriched farina	Farina
Enriched flour	Flour
Enriched rice	Rice
Enriched rice flour	Rice flour
Enriched rye flour	Rye flour
Enriched self-rising flour	Self-rising flour
Enriched semolina flour	Semolina flour
Enriched wheat flour	Wheat flour
Enriched white flour	White flour
Enriched white cornmeal	White cornmeal <sup>2</sup>
Enriched yellow cornmeal	Yellow cornmeal <sup>2</sup>
Milled corn enriched with(lists the five enrichment nutrients)	Milled corn <sup>2</sup>
Puffed wheat enriched with(lists the five enrichment nutrients)	Puffed wheat
Puffed rice enriched with(lists the five enrichment nutrients)	Puffed rice
Unbleached enriched wheat flour	Unbleached wheat flour
Unbleached enriched white flour	Unbleached white flour

<sup>&</sup>lt;sup>1</sup> These ingredients are not enriched unless the label states "enriched," or the ingredients statement lists the five enrichment nutrients.

<sup>&</sup>lt;sup>2</sup> A PFS may be required to determine if some cornmeal products are enriched or nixtamalized (i.e., soaked and cooked in an alkaline solution). Nixtamalized corn credits as a whole grain.

## **Overview of Crediting Requirements**

Enriched grain products and recipes made with enriched grains credit as the grains/breads component in the SFSP. Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ) credit the same as enriched grains. Training on the crediting requirements for the grains/breads component is available in the CSDE's Summer Meals annual training module, Crediting Foods in the Summer Food Service Program Meal Patterns: Part 4: Grains/Breads Component.

### **Identifying Enriched Products**

To credit as an enriched grain, a commercial grain product must contain an enriched grain as the greatest ingredient by weight. A commercial grain product is enriched if it meets at least one of the criteria below.

- 1. The food is labeled as "enriched," e.g., enriched long grain rice.
- 2. An enriched grain is the first ingredient in the food's ingredients statement (or water is the first ingredient, and an enriched grain is the next ingredient). The label will usually state "enriched flour" or "enriched wheat flour," or the grain ingredient includes a sublisting of the five enrichment nutrients in parenthesis, e.g., "enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)."

The product's packaging will indicate if the commercial grain product meets one of these criteria.

#### **Examples of creditable enriched grain products**

The ingredients statements below show some examples of creditable commercial enriched grain products. Enriched grains are in *italics*.

- Example 1: Saltine crackers (group A)
   Ingredients: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate riboflavin folic acid), canola oil, palm oil, sea salt, salt, baking soda, yeast.
- Example 2: Oat bran bread (group B)
   Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, oat bran, sugar, oats, wheat gluten, soybean oil, salt, yeast, molasses, preservatives (calcium propionate, sorbic acid), monoglycerides, natural flavor, calcium sulfate, grain vinegar, datem, soy lecithin.

### • Example 3: Pancakes (group C)

Ingredients: Water, enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), high fructose corn syrup, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk, artificial flavor.

### • Example 3: Spanish rice (group H)

Ingredients: Enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid), onion, salt, red & green bell pepper, spices (including red pepper), sugar, yeast extract, tamari soy sauce (soybean, salt) & garlic.

The serving of a creditable enriched grain product must provide the required weight (groups A-G) or volume (groups H and I) for the appropriate Exhibit A grain group or contain the minimum creditable grains (refer to "Required Servings for Grain Products and Recipes" in this document).



## **Crediting Criteria for Commercial Combination Foods with Enriched Grains**

Combination foods are foods that contain more than one of the four meal components (meats/meat alternates (MMA), grains/breads, vegetables/fruits, and milk). Commercial combination foods that contain an enriched grain portion (such as pizza, breaded fish sticks, and lasagna) credit as grains/breads component if the first grain ingredient is an enriched grain. If the grain portion is listed separately, the first ingredient in the grain portion (excluding water) must be an enriched grain.

### Examples of ingredients statements for breaded chicken nuggets

The examples below show how grain ingredients might be listed in a commercial combination food. Enriched grains are in *italics*.

Example 1: Grain ingredients listed together with other ingredients
 Ingredients: Boneless, skinless chicken breast with rib meat, water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.

This product credits as an enriched grain because the first grain ingredient is enriched flour.

• Example 2: Grain ingredients listed as separate grain portion
Ingredients: Chicken, water, salt, and natural flavor. Breaded with: enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices.

Breading set in vegetable oil.

The grain portion of this product credits as an enriched grain because the first ingredient in the breading is enriched flour.

If a commercial combination food meets the crediting requirements, the SFSP sponsor must determine the ounce equivalents (oz eq) contribution of the grain portion (refer to "Required Servings for Grain Products and Recipes" in this document).

#### **Grain Products that are Not Enriched**

Not all refined grains are enriched. For example, when corn is processed into cornmeal, the germ of the grain is removed. The resulting cornmeal is not enriched unless the product states "enriched cornmeal," or the ingredients statement lists the five enrichment nutrients, e.g., "enriched cornmeal (cornmeal, niacin, iron, thiamine mononitrate, riboflavin, folic acid)." The example below shows a product that is not enriched. Refer to table 1 for more examples.

#### • Example: Commercial breaded chicken patty

Ingredients: Boneless chicken breast with rib meat, water. Contains less than 2% of salt, onion powder, garlic powder. Breaded with: wheat flour, water, dextrose, sugar, salt, yeast. Contains less than 2% of spice, extractives of paprika, soybean oil, guar gum, garlic powder, natural flavors.

This product does not credit as the grains/breads component because the first ingredient in the breading is wheat flour. Wheat flour is a noncreditable grain because it is not enriched or whole grain.

Menu planners must check the ingredients statement to ensure that commercial grain products are enriched. Grain products that are not enriched do not credit in the SFSP.

## **Required Crediting Documentation**

SFSP sponsors must be able to document that all grain menu items served in reimbursable meals and snacks meet the crediting requirements for the grains/breads component. The guidance below summarizes the required documentation for commercial grain products and grain foods made from scratch. Documentation must be based on the food yields and crediting information in the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG).

#### **Documentation for commercial grain products**

A PFS from the manufacturer is required if the product's ingredients statement and packaging do not provide sufficient information to determine if the grain product meets the crediting criteria.

The SFSP sponsor must obtain and verify the PFS for accuracy prior to purchasing, serving, and claiming the grain product in reimbursable meals and snacks. For guidance on when a PFS is required and the information it must include, refer to the CSDE's resource, *When Commercial Grain Products*Require a Product Formulation Statement to Credit in the Summer Food Service Program.

For more information on PFS forms, refer to the CSDE's resources, *Using Product Formulation Statements in the Summer Food Service Program* and *Accepting Processed Product Documentation in the Summer Food Service Program*, and the USDA's resources, USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements* and *Tips for Evaluating a Manufacturer's Product Formulation Statement*.

Additional guidance is available on the CSDE's Crediting Documentation for the Child Nutrition Programs webpage. Training on the requirements for PFS forms is available in the CSDE's Summer Meals annual training module, Crediting Documentation for Summer Meals; Module 6: Meal Pattern Documentation, Part B – Crediting Commercial Processed Products of the CSDE's training program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12; and the Institute of Child Nutrition's online training, FBG Module 3: Product Formulation Statements.

SFSP sponsors may also document meal pattern compliance with a Child Nutrition (CN) label if the enriched grain is part of a CN-labeled meat or meat alternate product, such as pizza or breaded chicken nuggets. For more information, refer to the CSDE's resource, *Using Child Nutrition (CN) Labels in the Summer Food Service Program*.

### Documentation for grain foods made from scratch

SFSP sponsors must have recipes on file that document the crediting information for all grain foods made from scratch, including foods made on site by the SFSP sponsor and foods prepared by vendors. The USDA encourages SFSP sponsors to use standardized recipes because they ensure accurate meal component contributions and document that menus meet the SFSP meal pattern requirements. For more information, visit the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

The USDA defines a standardized recipe as one that has been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients. Standardized quantity recipes produce 25 or more servings.

### Storing crediting documentation

SFSP sponsors must maintain all crediting documentation on file in accordance with the records retention requirements for the SFSP (refer to the CSDE's *Records Retention Requirements for* 

the Summer Food Service Program). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the SFSP

### **Required Servings for Grain Products and Recipes**

The required quantities for the grains/breads component are in servings. The minimum creditable amount is ¼ serving.

The amount of an enriched grain food that provides one serving varies because different types of foods contain different amounts of creditable grains. For example, to credit as one serving of the grains/breads component, a roll must weigh 25 grams or 0.9 ounce, a corn muffin must weigh 31 grams or 1.1 ounce, and a blueberry muffin must weigh 50 grams or 1.8 ounces.

The USDA allows two methods for determining the servings of a creditable grain product or recipe. SFSP sponsors may use either method but must document how the crediting information was obtained. These methods are summarized below and described in detail in the CSDE's resource, *Calculation Methods for Grains/Breads Servings in the Summer Food Service Program*.

#### Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's *Exhibit A: Grain Requirements for Child Nutrition Programs* chart to determine the required weight (groups A-G) or volume (groups H-I) for the grain group where the food belongs. This method is used for commercial grain products and may also be used for recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving.

The Exhibit A grain quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The CSDE's *Servings for Grains/Breads in the Summer Food Service Program* summarizes the required Exhibit A quantities that apply to the SFSP meal patterns..



#### Method 2: creditable grains

Method 2 determines the grains/breads servings from the weight (grams) of creditable grains in one serving of the product or recipe. This method is used for standardized recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving.

This method is used for recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving.

To credit as one serving of enriched grains, foods in groups A-G of the USDA's Exhibit A chart must contain 14.75 grams of enriched grains and foods in group H must contain 25 grams of enriched grains. The grams of creditable grains are listed in commercial product's PFS or calculated from the grain quantities in the SFSP sponsor's recipe.

There are some situations when SFSP sponsors must use method 2 and a PFS is required. For more information, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program.* 

### **Grain crediting tools**

The tools below help menu planners determine the meal pattern contribution of creditable grain products and recipes.

- USDA's Exhibit A Grains Tool for commercial grain products: This online tool of the
  USDA's Food Buying Guide for Child Nutrition Programs (FBG) determines the
  grains/breads servings of commercial grain products. For more information, watch the
  USDA's webinar, Exhibit A Grains Tool to the Rescue.
- USDA's Recipe Analysis Workbook: The FBG's online Recipe Analysis Workbook
  allows menu planners to search for ingredients, develop a standardized recipe, and
  determine the recipe's meal pattern contribution per serving. To access this tool, users
  must create a free account on the USDA's FBG website.
- CSDE's How to Use the Grains/Breads Servings Chart for the SFSP: The CSDE's resource, How to Use the Grains/Breads Servings Chart for the Summer Food Service Program, reviews the steps for using the Exhibit A quantities to determine the grains/breads servings of three types of commercial products and recipes. These include grain menu items in groups A-G that contain multiple small pieces per serving (e.g.,

crackers, hard pretzels, and animal crackers), multiple large pieces per serving (e.g., pancakes, slices of bread, and waffles), and one piece per serving (e.g., muffins, bagels, and rolls).

### **Enrichment Exception for Jewish Institutions**

During the religious observance of Passover, the USDA allows Jewish schools, institutions, and sponsors to have a religious exemption for the enrichment requirement of the meal patterns for Child Nutrition Programs. Unenriched matzo may be substituted during Passover only. Matzo used as the grains/breads component must be WGR at all other times of the year. The USDA grants these exemptions for entities (schools, institutions, and sponsors) not individuals. SFSP sponsors must receive approval from the CSDE before implementing this option. For more information, refer to the USDA's FNS instruction 783-13 (Revision 3): Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors.

## Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels.

Consider children's age and developmental readiness when deciding what types of grain foods to offer in SFSP menus and modify foods and menus as appropriate. For additional guidance, visit the "Choking Prevention" section of the CSDE's Food Safety for Child Nutrition Programs webpage.

#### Resources

Accepting Processed Product Documentation in the Summer Food Service Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/accepting\_processed\_ product\_documentation\_sfsp.pdf

Calculation Methods for Grains/Breads Servings in the Summer Food Service Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/grain\_calculation\_sfsp.pdf

Crediting Breakfast Cereals in the Summer Food Service Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit\_cereals\_sfsp.pdf

Crediting Documentation for the Child Nutrition Program (CSDE webpage): https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs

- Crediting Foods in the Summer Food Service Program (CSDE webpage): https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program
- Crediting Foods in the Summer Food Service Program Meal Patterns: Part 4: Grains/Breads Component, Summer Meals Annual Training Module ("Annual Training" section of CSDE's SFSP webpage):

https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training #CreditingFoods

- Crediting Whole Grains in the Summer Food Service Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit\_whole\_grains\_sfsp.pdf
- Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs): https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index
- Exhibit A: Grain Requirements for Child Nutrition Programs (USDA): https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf
- FBG Module 3: Product Formulation Statements (Institute of Child Nutrition): https://theicn.docebosaas.com/learn/courses/139/fbg-module-3-product-formulation-statements-pfs
- Grains and Breads Component (CSDE's Crediting Foods in the Summer Food Service Program webpage):

https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/grains-and-breads

- How to Use the Grains/Breads Servings Chart for the Summer Food Service Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/how\_to\_use\_grains\_ breads\_servings\_chart\_sfsp.pdf
- Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs): https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool
- Records Retention Requirements for the Summer Food Service Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/nslp/records\_retention\_snp.pdf
- Servings for Grains/Breads in the Summer Food Service Program (CSDE): https://portal.ct.gov/sde/nutrition//-/media/sde/nutrition/sfsp/mealpattern/servings\_grains\_breads\_sfsp.pdf

Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA): https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf

Summer Meals Annual Training Module: Crediting Documentation for Summer Meals ("Annual Training" section of CSDE's SFSP webpage):

https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training #CreditingDocumentation

Summer Meals Annual Training Module: Crediting Foods in the Summer Food Service Program Meal Patterns: Part 4: Grains/Breads Component ("Annual Training" section of CSDE's SFSP webpage):

https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingFoods

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements: https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation

USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs: https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs

Using Child Nutrition (CN) Labels in the Summer Food Service Program (CDSE): https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/cn\_labels\_sfsp.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/product\_formulation\_ statements\_sfsp.pdf

What's in a Meal Module 6: Meal Pattern Documentation Part B — Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12): https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program (CSDE):

https://portal.ct.gov/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/when\_commercial\_grain\_products\_require\_pfs\_sfsp.pdf

For more information, visit the "Meal Patterns" section of the CSDE's SFSP webpage and the CSDE's Crediting Foods in the Summer Food Service Program webpage or contact the Summer Meals staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit\_enriched\_grains\_sfsp.pdf.

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- mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
- 2. fax: (833) 256-1665 or (202) 690-7442; or
- 3. email: program.intake@usda.gov

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