

Crediting Enriched Grains in the Summer Food Service Program

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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Crediting Enriched Grains in the Summer Food Service Program

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 B₁, thiamin mononitrate, or thiamin hydrochloride):
- riboflavin (vitamin B₂):
- niacin (vitamin B₃ 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](#)).

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.



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Examples of enriched grain ingredients

The ingredients below are enriched grains. This list is not all-inclusive.

- Bleached enriched flour
- Enriched bromated flour
- Enriched corn flour
- Enriched corn grits
- Enriched cornmeal
- Enriched degerminated cornmeal
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched flour
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched self-rising flour
- Enriched semolina flour
- Enriched wheat flour
- Enriched white flour
- Enriched white cornmeal
- Enriched yellow cornmeal
- Milled corn enriched with....(lists the five enrichment nutrients)
- Puffed wheat enriched with....(lists the five enrichment nutrients)
- Puffed rice enriched with....(lists the five enrichment nutrients)
- Unbleached enriched wheat flour
- Unbleached enriched white flour

Examples of grain ingredients that are not enriched

The ingredients below are not enriched unless the label states “enriched,” or the ingredients statement lists the five enrichment nutrients. This list is not all-inclusive.

- Bleached flour
- Bromated flour
- Corn flour
- Corn grits
- Cornmeal
- Degerminated cornmeal
- Durum flour
- Durum wheat flour
- Farina
- Flour
- Rice
- Rice flour
- Rye flour
- Self-rising flour
- Semolina flour
- Wheat flour
- White flour
- White cornmeal
- Yellow cornmeal
- Milled corn
- Puffed wheat
- Puffed rice
- Unbleached wheat flour
- Unbleached white flour

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For products that contain corn ingredients (e.g., corn flour, corn grits, cornmeal, white cornmeal, and yellow cornmeal) a product formulation statement (PFS) may be required to determine if the corn is 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 standardized 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 in the SFSP meal patterns, a commercial 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 sub-listing 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.

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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).

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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).

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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.



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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 USDA requires that SFSP sponsors must 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 the requirements for 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 [*USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*](#). Additional information and resources are available on the CSDE's [*Crediting Documentation for the Child Nutrition Programs*](#) webpage.

For guidance on reviewing PFS forms, visit the USDA's [*Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement*](#) webpage. Guidance on how to review a grain PFS is available in the CSDE's resource, [*When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program*](#).

Training on the documentation requirements is available in the CSDE's Summer Meals annual training module, [*Crediting Documentation for Summer Meals*](#). Training on the requirements for PFS forms is available in [*Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products*](#) of the CSDE's training program, [*What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*](#).

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Note: SFSP sponsors may 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 prepared by vendors. The USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements.

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.

Recipes credit as the grains/breads component based on the grams of creditable grains per serving. If the recipe indicates the weight of the prepared (cooked) serving, menu planners may use the required weight (groups A-G) or volume (groups H-I) for the applicable grain group in the USDA's Exhibit A chart (refer to "[Required Servings for Grain Products and Recipes](#)" in this document).

For more information on standardized recipes, visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

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 resource, [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.

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Required Servings for Grain Products and Recipes

The required quantities for the grains/breads component are in servings. The minimum creditable amount is $\frac{1}{4}$ serving.

The amount of an enriched grain food that provides 1 oz eq 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 grains/breads servings of creditable grain products and recipes. SFSP sponsors may use either method but must document how the crediting information was obtained. These methods are summarized below. For detailed guidance on how to use each method, refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings for the Summer Food Service Meal Patterns](#).

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. The CSDE's resource, [Servings for Grains/Breads in the Summer Food Service Program](#), indicates the applicable Exhibit A quantities that apply to the SFSP meal patterns.

This method is used for commercial grain products and may also be used for standardized recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving. For more information, refer to the CSDE's resource, [How to Use the Grains/Breads Servings Chart for the Summer Food Service Program](#).



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Method 2: creditable grains

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

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.](#)

To credit as one serving of the grains/breads component, foods in groups A-G must contain 14.75 grams of creditable grains and foods in groups H-I must contain 25 grams of creditable grains. The grams of creditable grains are listed in the commercial product's PFS or calculated from the grain quantities in the SFSP SPONSOR's standardized recipe.

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 FBG determines the oz eq of commercial grain products.
- USDA's [Recipe Analysis Workbook](#): This online tool of the FBG 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 Summer Food Service Program](#): This resource reviews the steps for using the Exhibit A quantities to determine the meal pattern contribution of three types of commercial products and standardized 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).

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For additional guidance, visit the "[Serving Requirements](#)" in the "Grains and Breads" a section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.

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 substitute for the grains/breads component during Passover only. Matzo used as the grains/breads component at all other times of the year must be WGR or enriched.

The USDA grants this exemption 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.

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Resources

Calculation Methods for Grains/Breads Servings for the Summer Food Service Meal Patterns

(CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/grain_calculation_sfsp.pdf

Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement

(CSDE webpage):

<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>

Crediting Breakfast Cereals in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_cereals_sfsp.pdf

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 of the Food Buying Guide (USDA):

<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>

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/sde/nutrition/-/media/sde/nutrition/sfsp/mealpattern/credit_how_to_use_grains_breads_servings_chart_sfsp.pdf

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):

<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/sfsp/records_retention_sfsp.pdf

Servings for Grains/Breads in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/servings_grains_breads_sfsp.pdf

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

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

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

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

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/credittingsfsp/cn_labels_sfsp.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/credittingsfsp/product_formulation_statements_sfsp.pdf

What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs):
<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

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

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For more information, visit 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.



Crediting Enriched Grains in the Summer Food Service Program

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

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