

Crediting Smoothies in the Child and Adult Care Food Program

This guidance applies to reimbursable meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). For information on the CACFP meal patterns and crediting foods for children, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) webpages. For information on the CACFP meal patterns and crediting foods for adult participants, visit the CSDE’s [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



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Crediting Smoothies in the CACFP

Creditable Ingredients

Smoothie ingredients that credit toward the CACFP meal patterns include full-strength vegetable juice and pureed vegetables (vegetables component); full-strength fruit juice and pureed fruits (fruits component); unflavored low-fat or fat-free milk (milk component); and yogurt or soy yogurt that meets the CACFP sugar limit (meat/meat alternates (MMA) component). These ingredients must provide at least the minimum creditable amount:

- $\frac{1}{8}$ cup for the vegetables component;
- $\frac{1}{8}$ cup for the fruits component;
- $\frac{1}{4}$ cup for the milk component (applies only to milk in smoothies); and
- $\frac{1}{8}$ cup ($\frac{1}{4}$ ounce) for yogurt.

If a smoothie contains less than the full serving of a component, the menu must include additional foods to meet the full requirement.

CACFP facilities must maintain appropriate documentation to indicate the crediting information for smoothies. For example, to credit a strawberry smoothie as $\frac{1}{2}$ cup of the fruits component and 1 ounce of the MMA component, the CACFP facility's documentation must indicate that the serving contains $\frac{1}{2}$ cup of pureed strawberries and $\frac{1}{2}$ cup of yogurt.

Required Crediting Documentation

To credit smoothies made from scratch, CACFP facilities must have a recipe that indicates the meal pattern contribution of each component in the serving. The CSDE encourages CACFP facilities to use standardized recipes to ensure accurate crediting information. For information on standardized recipes, refer to section 2 of the CSDE's [Guide to Meeting the Meal Pattern Requirements for CACFP Child Care Programs](#) or [Guide to Meeting the Meal Pattern Requirements for CACFP Adult Day Care Centers](#).

Additional guidance is available in the "Standardized Recipes" section of the CSDE's webpages, [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#).

To credit commercial smoothies, CACFP facilities must obtain a product formulation statement (PFS). A Child Nutrition (CN) label may be available for some commercial smoothies that contain yogurt. For information on CN labels and PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the Child and Adult Care Food Program](#) and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#), and the USDA's PFS forms and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). Additional guidance on documentation for commercial products is available in the "[Crediting Commercial Processed Products in CACFP Child Care Programs](#)" or "[Crediting Commercial Processed Products in CACFP Adult Day Care Centers](#)" sections of the CSDE's CACFP webpages.

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Recommended Daily Limit for Smoothies

The USDA recommends limiting smoothies to one CACFP meal or snack per day. For example, if a smoothie is served at breakfast, the CACFP menus for lunch, supper, and snack should not include a smoothie.

Crediting Fruits and Vegetables in Smoothies

Pureed fruits and vegetables in smoothies credit only as juice toward the vegetables component or fruits component. Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. For example, a smoothie that contains $\frac{1}{2}$ cup of pureed strawberries credits as $\frac{1}{2}$ cup of fruit juice. CACFP facilities must document the amount of juice and pureed fruits and vegetables per serving (refer to “[Required Crediting Documentation](#)” in this document).

Menu planners must follow the guidance below when crediting fruits and vegetables in smoothies.

- **Juice limit:** Juice credits as either the vegetables component or fruits component at only one CACFP meal or snack per day. Juice includes all types of 100 percent juice (e.g., fruit juice, vegetable juice, and juice blends; pureed fruits and vegetables in smoothies; frozen juice pops made from 100 percent juice; and juice from canned fruit served in 100 percent juice). For example, if the menu planner credits pureed blueberries in a smoothie as the fruits component at breakfast, juice cannot credit as the fruits component or the vegetables component at lunch, supper, or snack. For more information, refer to the CSDE’s resource, *[Crediting Juice in the Child and Adult Care Food Program](#)*.
- **Mixed fruits and vegetables:** Smoothies that contain a mix of pureed fruits and vegetables, or 100 percent fruit and vegetable juice blends, credit based on the greatest fruit or vegetable ingredient. Commercial smoothies credit toward the fruits component if the first juice ingredient is fruit juice or fruit puree, and credit toward the vegetables component if the first juice ingredient is vegetable juice or vegetable puree. Smoothies made from scratch credit toward the fruits component if the greatest juice ingredient in the CACFP facility’s recipe is fruit juice or fruit puree, and credit toward the vegetables component if vegetable juice or vegetable puree is the greatest juice ingredient.
- **Breakfast:** The CACFP breakfast meal pattern requires a serving of vegetables, fruits, or both. Smoothies that contain the required amount of juice (including pureed fruits and vegetables) for each age group may credit as the entire vegetables/fruits component at breakfast. For example, a serving of smoothie that contains $\frac{1}{2}$ cup of pureed strawberries credits as the full fruits component for ages 3-5, ages 6-12, ages 13-18 in emergency shelters and at-risk afterschool care centers, and participants in adult day care centers.

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- Lunch and supper:** The CACFP lunch and supper meal pattern requires a serving of the fruits component and a serving of vegetables component. Lunch and supper menus cannot offer a smoothie and juice as the only two servings of fruits and vegetables because both credit as juice. For example, the lunch menu cannot offer a strawberry smoothie as the fruits component and tomato juice as the vegetables component. At least one of the required servings of the vegetables component or fruits component at lunch/supper must be a whole fruit or vegetable, i.e., fresh, frozen, canned, or dried.
- Snack:** The CACFP snack meal pattern requires any two of the five food components (milk, MMA, vegetables, fruits, and grains). Pureed fruits and vegetables in smoothies may credit as either the entire fruits component or the entire vegetables component but cannot credit as both components in the same snack. Smoothies containing juice and milk may credit as either juice or milk but cannot credit as both components in the same snack. The snack menu cannot include juice (including pureed fruits and vegetables in smoothies) when milk is the only other snack component. The examples below show how these requirements apply to ages 3-5 (table 1), ages 6-12 and ages 13-18 in emergency shelters and at-risk afterschool care centers (table 2), and adult participants (table 3).

Table 1. Examples of crediting smoothies for ages 3-5 at snack

The snack meal pattern for ages 3-5 requires any two of the following: $\frac{1}{2}$ cup of low-fat or fat-free milk, $\frac{1}{2}$ ounce of MMA, $\frac{1}{2}$ cup of vegetables, $\frac{1}{2}$ cup of fruits, and $\frac{1}{2}$ ounce equivalent (oz eq) of grains.

Example 1: A smoothie recipe's serving contains $\frac{1}{2}$ cup of pureed fruit (credits as fruit juice) and $\frac{1}{2}$ cup of unflavored low-fat milk. The menu planner may choose to credit the smoothie as either the full fruits component or the full milk component but cannot credit the smoothie as both components in the same snack. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA, grains, or vegetables.¹

Example 2: A smoothie recipe's serving contains $\frac{1}{2}$ cup of pureed fruit (credits as fruit juice) and $\frac{1}{4}$ cup of unflavored low-fat milk. The pureed fruit credits as full the fruits component. However, the milk does not credit as the full milk component because the serving is less than $\frac{1}{2}$ cup. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA, grains, or vegetables.¹

¹ These smoothies cannot credit as the milk component for age 1 because the CACFP meal patterns for children require whole milk for age 1.

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Table 2. Examples of crediting smoothies for ages 6-12 and ages 13-18 in emergency shelters and at-risk afterschool care centers

The snack meal pattern for ages 6-12 and ages 13-18 in emergency shelters and at-risk afterschool care centers requires any two of the following: 1 cup of low-fat or fat-free milk, 1 ounce of MMA, $\frac{3}{4}$ cup of vegetables, $\frac{3}{4}$ cup of fruits, and 1 oz eq of grains.

Example 1: A smoothie recipe's serving contains $\frac{3}{4}$ cup of pureed fruit (credits as fruit juice) and 1 cup of unflavored low-fat milk. The menu planner may choose to credit the smoothie as either the full fruits component or the full milk component but cannot credit the smoothie as both components in the same snack. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA, grains, or vegetables.

Example 2: A smoothie recipe's serving contains $\frac{3}{4}$ cup of pureed fruit (credits as fruit juice) and $\frac{1}{4}$ cup of unflavored low-fat milk. The pureed fruit credits as the full fruits component. However, the milk does not credit as the full milk component because the serving is less than 1 cup. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA, grains, or vegetables.

Table 3. Examples of crediting smoothies for adult participants

The snack meal pattern for adults requires any two of the following: 1 cup of low-fat or fat-free milk, 1 ounce of MMA, $\frac{1}{2}$ cup of vegetables, $\frac{1}{2}$ cup of fruits, and 1 oz eq of grains.

Example 1: A smoothie recipe's serving contains $\frac{1}{2}$ cup of pureed fruit (credits as fruit juice) and 1 cup of unflavored low-fat milk. The menu planner may choose to credit the smoothie as either the full fruits component or the full milk component but cannot credit the smoothie as both components in the same snack. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA, grains, or vegetables.

Example 2: A smoothie recipe's serving contains $\frac{1}{2}$ cup of pureed fruit (credits as fruit juice) and $\frac{1}{2}$ cup of milk. The pureed fruit credits as the full fruits component. However, the milk does not credit as the full milk component because the serving is less than 1 cup. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA, grains, or vegetables.

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Crediting Milk in Smoothies

Milk in smoothies credits as the milk component based on the amount per serving. For example, a smoothie that contains $\frac{1}{2}$ cup of milk credits as $\frac{1}{2}$ cup of the milk component. CACFP facilities must document the amount of milk per serving (refer to “[Required Crediting Documentation](#)” in this document).

- **Allowable types of milk:** For age 1, milk must be unflavored whole milk. For ages 2 and older and adult day care center participants, milk must be unflavored low-fat (1%) or fat-free milk. Flavored low-fat or fat-free milk may be served to ages 6 and older and adult day care center participants, but the USDA’s *CACFP Best Practices* recommends serving only unflavored milk.
- **Minimum creditable amount:** The minimum creditable amount of milk in a smoothie is $\frac{1}{4}$ cup. CACFP facilities must have a recipe or PFS to document the type and amount of milk per serving (refer to “[Required Crediting Documentation](#)” in this document).

Crediting Yogurt in Smoothies

Yogurt and soy yogurt that meets the CACFP sugar limit used as an ingredient in smoothies credits as the MMA component based on the amount per serving. Yogurt and soy yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For information on the crediting requirements for yogurt, refer to the CSDE’s resource, *Crediting Yogurt in the Child and Adult Care Food Program*.

A $\frac{1}{2}$ -cup serving of yogurt credits as 1 ounce of the MMA component. The minimum creditable amount is $\frac{1}{8}$ cup. CACFP facilities must document the amount of yogurt or soy yogurt per serving with a recipe for smoothies made from scratch and a PFS for commercial products (refer to “[Required Crediting Documentation](#)” in this document).

For the **CACFP adult meal patterns only**, $\frac{3}{4}$ cup of yogurt or soy yogurt (6 ounces weight) that meets the CACFP sugar limit may substitute for 8 fluid ounces of milk at one meal per day. This includes yogurt or soy yogurt added to a smoothie.

The addition of yogurt to a smoothie is not a substitution for fluid milk in the CACFP meal patterns for children. Fluid milk must be offered in all meals to meet the milk component requirement.

Additional Ingredients

Smoothies may include additional ingredients to improve flavor and consistency, such as oatmeal and peanut butter. However, these ingredients do not credit toward the CACFP meal patterns.

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Crediting Example

The example below shows how a smoothie made with blueberry puree, low-fat yogurt, fat-free milk, and oatmeal could credit toward the CACFP meal patterns.

Table 4. Meal pattern contribution of a blueberry smoothie recipe	
Ingredient	Meal pattern contribution ¹
Frozen blueberry puree, ½ cup	½ cup of fruit juice (fruits component) ²
Low-fat blueberry yogurt, ½ cup	1 ounce of MMA
Low-fat milk, 4 fluid ounces	4 fluid ounces of milk ³
Oatmeal, 2 tablespoons	None (does not credit in smoothies)
<p>¹ If a creditable ingredient does not provide the full meal pattern component (minimum amount), the menu must include additional servings of that component to meet the CACFP meal patterns.</p> <p>² Pureed fruits and vegetables in smoothies count toward the juice limit. For more information, refer to the CSDE's resource, Crediting Juice in the Child and Adult Care Food Program.</p> <p>³ The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving, the menu must include the additional amount of milk to provide the full milk component. This smoothie recipe cannot credit as the milk component for age 1 because the CACFP meal patterns for children require unflavored whole milk for age 1.</p>	

Commercial Products

Commercial smoothies credit the same as smoothies made from scratch. However, product formulation and labeling can vary greatly because commercial smoothies do not have a Food and Drug Administration (FDA) standard of identity. To credit commercial smoothies in CACFP menus, CACFP facilities must obtain a PFS (or CN label, if available) stating the amount of all creditable ingredients per serving, such as pureed fruits and vegetables, juice, yogurt, and milk (refer to “[Required Crediting Documentation](#)” in this document) and follow the guidance below.

- **Crediting pureed vegetables/fruits:** Commercial smoothies made with juice or pureed fruits/vegetables credit only as juice toward the fruits component or vegetables component. Crediting is based on the volume of fruits/vegetables after pureeing and before freezing. The product label must include a statement regarding the “percent juice content,” which is required by the FDA for beverages made with fruit/vegetable juice or puree. For example, an 8-fluid ounce smoothie made from fruit puree that is labeled with “contains 50% juice” credits as 4 fluid ounces (½ cup) of juice. CACFP facilities may need to obtain a PFS from the manufacturer to document the amount of pureed fruit in the product. **Note:** Concentrated fruit puree and concentrated juice are added sugars and do not credit in smoothies unless they are reconstituted to full-strength fruit puree or full-strength juice.

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- **Crediting milk:** The type of milk used as an ingredient in commercial smoothies must be consistent with the CACFP meal pattern requirements (refer to “[Allowable types of milk](#)” in this document). The manufacturer’s product documentation must attest that commercial mixes with milk are made using ingredients that meet federal, state, and local definitions for fluid milk.
- **Crediting yogurt:** Yogurt and soy yogurt that meets the CACFP sugar limit credits as the MMA component when used as an ingredient in commercial smoothies (refer to “[Crediting Yogurt in Smoothies](#)” in this document). The product documentation must attest that commercial mixes with yogurt are made in compliance with the federal definition for yogurt.

The CACFP adult meal patterns allow yogurt as a milk substitute. For **adult day care centers only**, $\frac{3}{4}$ cup of yogurt (6 ounces weight) that meets the CACFP sugar limit may substitute for 8 fluid ounces of milk at one meal per day.

- **Limit for crediting amount:** The total creditable amount in a smoothie cannot exceed the volume served. For example, $\frac{1}{2}$ cup of a commercial smoothie cannot credit as 1 cup of juice.
- **Noncreditable commercial smoothies:** Probiotic dairy drinks, drinkable yogurt, and yogurt drinks are not smoothies, and do not credit in the CACFP meal patterns. Commercial smoothies that contain dietary supplements (such as whey protein powder) or herbal supplements (such as ginkgo biloba, ginseng, and echinacea) do not credit in the CACFP meal patterns.
- **Review accuracy of PFS:** Prior to including commercial smoothies in reimbursable meals, CACFP facilities must check the manufacturer’s PFS for accuracy. Check that the listed volumes of pureed fruits and vegetables are prior to freezing. Check that the milk and yogurt (if included) meet the meal pattern requirements, i.e., milk is low-fat or fat-free and yogurt meets the federal definition for yogurt.



Crediting Smoothies in the CACFP

Resources

Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf

Bite Size Module 2: Meal Pattern Documentation (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Bite Size Module 3: Milk Component (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Bite Size Module 4: Meat/Meat Alternates Component (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Bite Size Module 5: Fruits Component (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Bite Size Module 6: Vegetables Component (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Calculating Sugar Limits for Yogurt in the CACFP – Handouts in English and Spanish (USDA webpage):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

Crediting Juice in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Juice_CACFP.pdf

Crediting Yogurt in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Yogurt_CACFP.pdf

Fruits Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Fruits>

Fruits Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Fruits>

Milk Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Milk>

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Milk Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Milk>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf

Standardized Recipe Form for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized_Recipe_Form_CACFP.docx

Standardized Recipes in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#StandardizedRecipes>

Standardized Recipes in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#StandardizedRecipes>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP:

<https://www.fns.usda.gov/cn/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_CN_labels_CACFP.pdf

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):

http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf

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Vegetable Subgroups in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Subgroups_CACFP.pdf

Vegetables Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Vegetables>

Vegetables Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Vegetables>

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For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages or contact the [CACFP 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/CACFP/Crediting/Credit_Smoothies_CACFP.pdf.

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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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