

Resource List for Special Diets in Child Nutrition Programs

This document contains websites and online resources related to special diets and meal modifications in the U.S. Department of Agriculture's (USDA) [Child Nutrition Programs](#). The 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 resources on menu planning, refer to the CSDE's [Resource List for Menu Planning and Food Production in Child Nutrition Programs](#). For resources on food safety, refer to the CSDE's [Resource List for Food Safety for Child Nutrition Programs](#).



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Celiac Disease

Celiac Disease (Medline Plus):

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

Celiac Disease (National Institute of Diabetes and Digestive and Kidney Diseases):

<https://www.niddk.nih.gov/health-information/digestive-diseases/ceciac-disease/definition-facts>

Celiac Disease and Intolerance (Documents/Forms section of the CSDE's Special Diets in CACFP Child Care Programs webpage:

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

Celiac Disease Center (Columbia University):

<https://ceciacdiseasecenter.columbia.edu/>

Celiac Disease Foundation:

<https://ceciac.org/>

Celiac Disease Kids Site (Nemours Kids Health):

<https://kidshealth.org/en/kids/ceciac.html>

Definition & Facts for Celiac Disease (NIH):

<https://www.niddk.nih.gov/health-information/digestive-diseases/ceciac-disease/definition-facts>

Gluten and Food Labeling (FDA):

<https://www.fda.gov/food/nutrition-education-resources-materials/gluten-and-food-labeling>

Gluten-free Foods (Celiac Disease Foundation):

<https://ceciac.org/gluten-free-living/gluten-free-foods/>

Gluten-free Recipes (National Celiac Association):

<https://nationalceciac.org/gluten-free-recipes/>

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Developing Policies for Meal Modifications

Action Planning Form (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Action_Planning_Form.docx

Child Care Nutrition and Physical Activity Policies (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies>

Developing Policies for Meal Modifications: School Nutrition Programs (“What’s Next” section of CSDE’s Special Diets in School Nutrition Programs webpage):

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

Developing Policies for Meal Modifications: CACFP Adult Day Care Centers (“What’s Next” section of CSDE’s Special Diets in CACFP Adult Day Care Centers webpage):

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

Developing Policies for Meal Modifications: CACFP Child Care Programs (“What’s Next” section of CSDE’s Special Diets in CACFP Child Care Programs webpage):

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

Sample Action Plan: Developing District Policy for Meal Modifications in School Nutrition Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Action_Policy_Meal_Modifications_SNP.pdf

Sample Action Plan: Developing Policy for Meal Modifications in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Action_Policy_Special_Diets_CACFP.pdf

Sample Action Plan: Developing Policy for Meal Modifications in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Action_Policy_Meal_Modifications_CACFP.pdf

Sample Action Plan: Developing Policy for Meal Modifications in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Action_Policy_Meal_Modifications_CACFP.pdf

Sample Action Plan: Promoting District Policy for Meal Modifications in School Nutrition Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Action_Promote_Meal_Modifications_SNP.pdf

Sample Action Plan: Promoting Policy for Meal Modifications in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Action_Promote_Meal_Modifications_CACFP.pdf

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Diabetes

American Diabetes Association:

<https://www.diabetes.org/>

Carb Choices (Centers for Disease Control and Prevention):

<https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>

Carb Counting and Diabetes (American Diabetes Association):

<https://www.diabetes.org/nutrition/understanding-carbs/carb-counting>

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 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 (Centers for Disease Control and Prevention):

<https://www.cdc.gov/diabetes/library/factsheets.html>

Diabetes in Schools (Centers for Disease Control and Prevention):

<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>

National Institute of Diabetes and Digestive and Kidney Diseases (National Institutes of Health):

<https://www.niddk.nih.gov/health-information/diabetes>

Understanding Advanced Carbohydrate Counting — A Useful Tool for Some Patients to Improve Blood Glucose Control (Today's Dietitian):

<https://www.todaysdietitian.com/newarchives/120913p40.shtml>

Safe at School: Training Resources for Schools (American Diabetes Association):

<https://diabetes.org/advocacy/safe-at-school-state-laws/training-resources-school-staff>

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Eating Disorders

Academy for Eating Disorders:

<https://www.aedweb.org/home>

Anorexia Nervosa and Related Eating Disorders (ANRED):

<https://www.anred.com/>

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 and Swallowing Disorders

Diet Texture Modifications for Dysphagia (American Speech-Language-Hearing Association):

<https://www.asha.org/SLP/clinical/dysphagia/Dysphagia-Diets/>

Dysphagia (National Institute on Deafness and Other Communication Disorders):

<https://www.nidcd.nih.gov/health/dysphagia>

Feeding and Swallowing Disorders in Children (American Speech-Language-Hearing Association):

<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

International Dysphagia Diet Standardization Initiative (IDDSI) (Academy of Nutrition and Dietetics):

<https://www.eatrightpro.org/practice/dietetics-resources/post-acute-and-long-term-care-management/international-dysphagia-diet-standardization-initiative>

International Dysphagia Diet Standardization Initiative (IDDSI): United States of America:

<https://iddsi.org/United-States>

Patient Handouts (International Dysphagia Diet Standardization Initiative):

<https://iddsi.org/Resources/Patient-Handouts>

The Minced and Moist Diet Explained for Beginners (The Dysphagia Dietitian):

<https://iddsi.org/Resources/Patient-Handouts>

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Food Allergies

Allergies and Anaphylaxis (National Association of School Nurses):

<https://www.nasn.org/nasn-resources/practice-topics/allergies-anaphylaxis>

American Academy of Allergy, Asthma and Immunology:

<https://www.aaaai.org/>

Asthma and Allergy Foundation of America:

<https://www.aafa.org/>

Avoiding Cross Contact (Food Allergy Research and Education):

<https://www.foodallergy.org/resources/avoiding-cross-contact>

Child Care Center Food Allergy Fact Sheets (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/child-care-center-food-allergy-fact-sheets/>

Common Allergens (Food Allergy Research and Education):

<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens>

Food Allergies (FDA):

<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

Food Allergies (School Nutrition Association):

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

Food Allergies in Schools (Centers for Disease Control and Prevention):

<http://www.cdc.gov/healthyyouth/foodallergies/index.htm>

Food Allergies in Schools Toolkit (Centers for Disease Control and Prevention):

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

Food Allergy & Anaphylaxis Emergency Care Plan (Food Allergy Research and Education):

<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 Fact Sheets (Institute of Child Nutrition):

<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 (Food Allergy Research and Education):

<http://www.foodallergy.org/>

Food Labels: Read it before you eat it! (American Academy of Allergy, Asthma & Immunology):

<https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/food-labels>

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Guidance for Industry: Questions and Answers Regarding Food Allergen Labeling (Edition 5)
(U.S. Food and Drug Administration):

<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-questions-and-answers-regarding-food-allergen-labeling-edition-5>

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 (Food Allergy Research and Education):

<https://www.foodallergy.org/resources/how-read-food-label>

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

<https://publications.aap.org/pediatrics/article/126/6/1232/64983/Management-of-Food-Allergy-in-the-School-Setting>

Managing Food Allergies at School (Kids With Food Allergies, Asthma and Allergy Foundation of America):

<https://kidswithfoodallergies.org/living-with-food-allergies/planning-for-school/>

Managing Food Allergies in School: The Role of School Nutrition Professionals (Centers for Disease Control and Prevention):

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

Managing Life Threatening Food Allergies in Schools (Massachusetts Department of Education): <https://johnstalkerinstitute.org/wp-content/uploads/2020/06/Mng-Allergies.pdf>

Safe at School and Ready to Learn: a Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies (Missouri Department of Elementary & Secondary Education):

<https://dese.mo.gov/media/pdf/safe-school-and-ready-learn-comprehensive-guide-protecting-students-life-threatening-food>

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

<https://www.aaaai.org/tools-for-the-public/school-tools>

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

(Institute of Child Nutrition): <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 (Institute of Child Nutrition):

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

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The 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>

Tips for Avoiding Your Allergen: English and Spanish (Food Allergy Research and Education):

<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/tips-avoiding-your-allergen>

Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs (Centers for Disease Control and Prevention):

https://www.cdc.gov/healthyschools/foodallergies/pdf/20_316712-A_FA_guide_508tag.pdf

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

Eating, Diet, & Nutrition for Lactose Intolerance (National Institute of Diabetes and Digestive and Kidney Diseases):

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

Lactose Intolerance (National Digestive Diseases Information Clearinghouse):

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

Lactose Intolerance Facts (Undeniably Dairy):

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

Teens Health: Lactose Intolerance (Nemours Kids Health):

<https://kidshealth.org/en/teens/lactose-intolerance.html>

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Meal Modifications in CACFP Adult Day Care Centers

Adult Day Care Food Allergy Fact Sheets (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/adult-day-care-food-allergy-fact-sheets/>

FNS Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors (USDA):

<https://www.fns.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons>

Guide to Meal Modifications in CACFP Adult Day Care Centers (CSDE)::

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Guide_Meal_Modifications_CACFP_Adults.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Meal_Modifications_CACFP_Adults_Presentation.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Assessment_Meal_Modifications_CACFP_Adults.pdf

Summary of Requirements for Meal Modifications for Adult Participants in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Summary_Chart_Meal_Modifications_CACFP_Adults.pdf

USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:

<https://www.fns.usda.gov/modifications-accommodate-disabilities-cacfp-and-sfsp>

Meal Modifications in CACFP Child Care Programs

FNS Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors (USDA):

<https://www.fns.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons>

Guide to Meal Modifications in CACFP Child Care Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Guide_Meal_Modifications_CACFP.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Meal_Modifications_CACFP_Presentation.pdf

Self-assessment of Child Care Practices for Meal Modifications in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Assessment_Meal_Modifications_CACFP.pdf

Resource List for Special Diets in Child Nutrition Programs

Summary of Requirements for Meal Modifications for Children in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Summary_Chart_Meal_Modifications_CACFP.pdf

USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:

<https://www.fns.usda.gov/modifications-accommodate-disabilities-cacfp-and-sfsp>

Meal Modifications in School Nutrition Programs

Accommodating Children with Disabilities in the School Meal Programs: Guidance for School Food Service Professionals (USDA):

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

Connecticut General Statutes Section 10-212c (Life-threatening food allergies and glycogen storage disease: Guidelines; district plans):

https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-212c

CSDE Operational Memorandum No. 28-13: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2013/OM28-13.pdf>

FNS Instruction 783-13, Revision 3: Variations in Meal Requirements for Religious Reasons: Jewish Schools, Institutions and Sponsors (USDA):

<https://www.fns.usda.gov/cn/variations-in-meal-requirements-for-religious-reasons>

Guide to Meal Modifications in School Nutrition Programs (CSDE)::

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Guide_Meal_Modifications_SNP.pdf

Guidelines for Cumulative Health Records Guidelines (CSDE):

https://portal.ct.gov/-/media/SDE/School-Nursing/Publications/CHR_guidelines.pdf

Guidelines for Feeding and Swallowing Programs in Schools:

https://portal.ct.gov/-/media/SDE/Special-Education/feeding_and_swallowing.pdf

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

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

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Meal_Modifications_SNP_Presentation.pdf

Requirements for Procedural Safeguards for Meal Modifications in School Nutrition Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Procedural_Safeguards_SNP.pdf

Resource List for Special Diets in Child Nutrition Programs

Self-assessment of Local Practices for Meal Modifications in School Nutrition Programs:

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Assessment_Meal_Modifications_SNP.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Summary_Chart_Meal_Modifications_SNP.pdf

USDA Memo SP 26-2017: Accommodating Disabilities in the School Meal Programs: Guidance and Questions and Answers (Q&As):

<https://www.fns.usda.gov/school-meals/accommodating-disabilities-school-meal-programs-guidance-and-qas>

USDA Memo SP 59-2016: Policy Memorandum on Modifications to Accommodate Disabilities in the School Meal Programs:

<https://www.fns.usda.gov/policy-memorandum-modifications-accommodate-disabilities-school-meal-programs>

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Meal Modifications in the SFSP

Guidance for Meal Modifications in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Meal_Modification_Guidance_SFSP.pdf

Meal Modifications for Special Diets (“How To” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/How-To#MealModificationsSFSP>

USDA Memo CACFP 14-2017 and SFSP 10-2017: Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:

<https://www.fns.usda.gov/modifications-accommodate-disabilities-cacfp-and-sfsp>

Medical Statements for the CACFP

Guidance and Instructions for the Medical Statement for Meal Modifications in CACFP Child Care Programs, Spanish (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Medical_Statement_CACFP_Spanish_Instructions.pdf

Guidance and Instructions for the Medical Statement for Meal Modifications in CACFP Adult Day Care Centers (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Adult_Medical_Statement_CACFP_Instructions.pdf

Guidance and Instructions for the Medical Statement for Meal Modifications in CACFP Adult Day Care Centers, Spanish (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Adult_Medical_Statement_CACFP_Spanish_Instructions.pdf

Medical Statement for Meal Modifications in CACFP Adult Day Care Centers (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Adult_Medical_Statement_CACFP.pdf

Medical Statement for Meal Modifications in CACFP Adult Day Care Centers, Spanish (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Adult_Medical_Statement_CACFP_Spanish.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Medical_Statement_CACFP.pdf

Medical Statement for Meal Modifications in CACFP Child Care Programs, Spanish (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Medical_Statement_CACFP_Spanish.pdf

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Medical Statements for School Nutrition Programs

CSDE Operational Memorandum No. 22-15: Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2015/OM22-15.pdf>

Guidance and Instructions: Medical Statement for Special Diets in School Nutrition Programs, English (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP_Instructions.pdf

Guidance and Instructions: Medical Statement for Special Diets in School Nutrition Programs, Spanish (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP_Instructions_Spanish.pdf

Medical Statement for Special Diets in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP.pdf

Medical Statement for Special Diets in School Nutrition Programs, Spanish (CSDE)::

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Medical_Statement_SNP_Spanish.pdf

USDA Memo SP 32-2015, CACFP 13-2015, and 13 SFSP 15-2015: Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs:

<https://www.fns.usda.gov/statements-supporting-accommodations-children-disabilities-cnfp>

Medical Statements for the SFSP

Medical Statement: Request Form for Meal Modifications in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Meal_Modification_Request_SFSP.pdf

Resource List for Special Diets in Child Nutrition Programs

Milk Substitutes for Children without Disabilities in School Nutrition Programs

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milk_Substitutes_SNP.pdf

USDA Memo SP 29-2011: Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk:

<https://www.fns.usda.gov/nutrition-requirements-fluid-milk>

Determining if Nondairy Beverages Meet the USDA’s Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Determining_Allowable_Nondairy_Milk_Substitutes_SNP.pdf

Milk Substitutes in School Nutrition Programs (“Documents/Forms” section of CSDE’s Special Diets in School Nutrition Programs webpage)

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

USDA Final Rule: Fluid Milk Substitutions in the School Nutrition Programs (73 FR 52903):

<https://www.fns.usda.gov/cn/fr-091208>

USDA Memo SP 02-2009: Final Fluid Milk Substitution Rule:

<https://www.fns.usda.gov/final-fluid-milk-substitution-rule>

USDA Memo SP07-2010, CACFP 04-2010, and SFSP 05-2010: Q&As - Milk Substitution for Children with Medical or Special Dietary Needs (Non-Disability):

<https://www.fns.usda.gov/qas-milk-substitution-children-medical-or-special-dietary-needs-non-disability>

Resource List for Special Diets in Child Nutrition Programs

Milk Substitutes for Participants without Disabilities in the CACFP

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Milk_Substitutes_CACFP_Adults.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Milk_Substitutes_CACFP.pdf

Determining if Nondairy Beverages Meet the USDA’s Nutrition Standards for Fluid Milk Substitutes in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Determining_Allowable_Nondairy_Milk_Substitute_CACFP.pdf

Milk Substitutes for CACFP Adult Day Care Centers (“Documents/Forms” section of CSDE’s Special Diets in CACFP Adult Day Care Centers webpage):

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

Milk Substitutes for CACFP Child Care Programs (“Documents/Forms” section of CSDE’s Special Diets in CACFP Child Care Programs webpage):

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

USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As:

<https://www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-and-fluid-milk-substitutions-cacfp-qas>

USDA Memo SP07-2010, CACFP 04-2010, and SFSP 05-2010: Q&As - Milk Substitution for Children with Medical or Special Dietary Needs (Non-Disability):

<https://www.fns.usda.gov/qas-milk-substitution-children-medical-or-special-dietary-needs-non-disability>

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Nondiscrimination Legislation

Americans with Disabilities Act (ADA) Amendments Act of 2008 (P.L. 110-325):

<https://www.ada.gov/pubs/ada.htm>

Americans with Disabilities Act (ADA) Amendments Act of 2008 Final rule: Amendment of Americans with Disabilities Act Title II and Title III Regulations to Implement ADA Amendments Act of 2008 (28 CFR Parts 35 and 36):

<https://www.ada.gov/regs2016/adaaa.html>

Americans with Disabilities Act (ADA) Final Rule: Nondiscrimination on the Basis of Disability by Public Accommodations and in Commercial Facilities (28 CFR Part 36) (Implementing regulation for Title III of the Americans with Disabilities Act (ADA)):

https://www.ada.gov/regs2010/titleIII_2010/titleIII_2010_regulations.pdf

Americans with Disabilities Act (ADA):

<https://www.ada.gov/>

Americans with Disabilities Act (ADA): The Americans with Disabilities Act of 1990 and Revised ADA Regulations Implementing Title II and Title III (U.S. Department of Justice website): https://www.ada.gov/2010_regs.htm

Americans with Disabilities Act of 1990 (ADA) and the ADA Amendments Act of 2008 (Public Law 110-325):

<https://www.ada.gov/pubs/ada.htm>

Civil Rights (U.S. Department of Health & Human Services, Office for Civil Rights):

<https://www.hhs.gov/civil-rights/for-individuals/disability/index.html>

Code of Federal Regulations 7CFR15b.3 Nondiscrimination on the Basis of Handicap in Programs and Activities Receiving Federal Financial Assistance (USDA):

<https://www.gpo.gov/fdsys/pkg/CFR-2003-title7-vol1/xml/CFR-2003-title7-vol1-sec15b-3.xml>

CSDE Circular Letter C-9: Section 504 of the Rehabilitation Act of 1975: Procedural Safeguards: <https://portal.ct.gov/-/media/SDE/Circular-Letters/circ00-01/c9.pdf>

Family Educational Rights and Privacy Act (FERPA) (U.S. Department of Education):

<https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

Health Insurance Portability and Accountability Act of 1996 (HIPAA) (U.S. Department of Health and Human Services):

<https://www.hhs.gov/hipaa/index.html>

Individuals with Disabilities Education Act (IDEA):

<https://www.gpo.gov/fdsys/pkg/PLAW-108publ446/html/PLAW-108publ446.htm>

Individuals with Disabilities Education Act (U.S. Department of Education):

<https://sites.ed.gov/idea/>

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Know the Rights That Protect Individuals with Disabilities from Discrimination (U.S.

Department of Health & Human Services Office for Civil Rights):

<https://www.hhs.gov/sites/default/files/knowyourrights504adafactsheet.pdf>

Section 504 of the Rehabilitation Act of 1973:

<https://www.hhs.gov/sites/default/files/knowyourrights504adafactsheet.pdf>

U.S. Department of Education Office of Special Education Programs:

<https://www2.ed.gov/about/offices/list/osers/osep/index.html>

USDA's nondiscrimination regulations (7 CFR 15b: Nondiscrimination on the Basis of Handicap in Programs or Activities Receiving Federal Financial Assistance):

<https://www.gpo.gov/fdsys/granule/CFR-2010-title7-vol1/CFR-2010-title7-vol1-part15b>

Your Rights Under Section 504 of the Rehabilitation Act (U.S. Department of Health & Human Services, Office for Civil Rights):

<https://www.hhs.gov/sites/default/files/ocr/civilrights/resources/factsheets/504.pdf>

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Training on Special Diets

FARE Food Allergy Academy (Food Allergy Research and Education):

<https://www.foodallergy.org/our-initiatives/education-programs-training/fare-training>

Food Allergies in School Nutrition Programs (Institute of Child Nutrition):

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

Online Training: Carbohydrate Counting for School Nutrition Programs (Institute of Child Nutrition):

<https://theicn.docebos.com/learn/course/internal/view/elearning/22/CarbohydrateCountingforSNPs>

Online Training: Food Allergies in School Nutrition Programs – General Food Allergies (Institute of Child Nutrition):

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

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

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/Food_Allergy_Presentation.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Meal_Modifications_CACFP_Adults_Presentation.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Meal_Modifications_CACFP_Presentation.pdf

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

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Meal_Modifications_SNP_Presentation.pdf

Video: Managing Food Allergies in Child Care Centers (Institute of Child Nutrition):

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

Resource List for Special Diets in Child Nutrition Programs

Vegetarian Meals

Building a Healthy Vegetarian Meal: Myths and Facts (Academy of Nutrition and Dietetics):

<https://www.eatright.org/health/wellness/vegetarian-and-plant-based/building-a-healthy-vegetarian-diet-myths>

Healthy Climate-Friendly Recipes (Coalition for Healthy School Food):

<https://healthyschoolfood.org/wp/recipes/>

Eating Vegetarian (USDA Nutrition.Gov):

<https://www.nutrition.gov/topics/basic-nutrition/eating-vegetarian>

Enjoy Vegetarian Meals (USDA):

<https://www.myplate.gov/tip-sheet/enjoy-vegetarian-meals>

Feeding Vegan Kids (Vegetarian Resource Group):

<https://www.vrg.org/nutshell/kids.php>

Healthy Vegetarian Dietary Pattern for Toddlers Ages 12 Through 23 Months Who Are No Longer Receiving Human Milk or Infant Formula, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components (Table A3-3 in the USDA's Dietary Guidelines for Americans):

https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf#page=160

Healthy Vegetarian Dietary Pattern for Ages 2 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components (Table A3-4 in the USDA's Dietary Guidelines for Americans):

https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf#page=160

K-12 recipes (Forward Food):

<https://www.forwardfood.org/category/recipes/k-12-recipes/#>

Lesson 5: Alternate Eating Patterns, Nutrition 101: A Taste of Food and Fitness (Institute of Child Nutrition): <https://theicn.org/resources/113/nutrition-101-a-taste-of-food-and-fitness-4th-edition/106975/nutrition-101-participants-workbook.pdf>

Plant-based Meal Options in CNPs (California Department of Education):

<https://www.cde.ca.gov/ls/nu/he/vegmealoptionscnp.asp>

Plant-Powered Meals (NYC Public Schools):

<https://www.schools.nyc.gov/school-life/food/school-meals/plant-powered>

Protein Foods for Your Vegetarian Child (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/food-groups/protein-foods/protein-foods-for-your-vegetarian-child>

Resource List for Special Diets in Child Nutrition Programs

Serving Children that are Vegetarian in the CACFP (National CACFP Sponsors Association):
<https://www.cacfp.org/2022/11/29/serving-children-that-are-vegetarian-in-the-cacfp/>

Sustainable Lunchrooms: Plant Forward Recipes (The Lunch Box):
<https://www.thelunchbox.org/fresh-food-initiatives/sustainable-lunchrooms/plant-forward-recipes/>

Serving Vegetarian Meals in School Nutrition Programs (Center for Nutrition in Schools, University of California):
<https://cns.ucdavis.edu/resources/webinars/svmsnp>

Teen Vegetarians: Facts for Parents (The University of Maine):
<https://extension.umaine.edu/publications/4054e/>

The Plant-Based School Lunch Collaborative:
<https://www.plantbasedschoolmeals.com/>

The Vegetarian Resource Group:
<https://www.vrg.org/>

Vegetarian Diet (MedlinePlus):
<https://medlineplus.gov/vegetariandiet.html>

Vegetarian Diets (KidsHealth, Nemours Foundation):
<https://kidshealth.org/en/parents/vegetarianism.html>

Vegetarian Nutrition (USDA National Agricultural Library):
<https://www.nal.usda.gov/human-nutrition-and-food-safety/vegetarian-nutrition>

Vegetarian Nutrition Fact Sheets (Academy of Nutrition and Dietetics):
<https://www.vndpg.org/resources/vegetarian-dietitian-resources>

Vegetarianism: The Basic Facts (Academy of Nutrition and Dietetics):
<https://www.eatright.org/health/wellness/vegetarian-and-plant-based/vegetarianism-the-basic-facts>

Resource List for Special Diets in Child Nutrition Programs

For more information, visit the CSDE's [Special Diets in School Nutrition Programs](#) webpage, [Special Diets in CACFP Child Care Programs](#) webpage, and [Special Diets in CACFP Adult Day Care Centers](#) webpage or contact the [child nutrition 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/Resources/Resources_Special_Diets.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
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