

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 additional guidance on the SFSP meal pattern and crediting requirements for the grains/breads component, refer to the CSDE’s resource, [Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns](#), and visit the “Meal Patterns for the SFSP” and “Grains/Breads Component for the SFSP” sections of the CSDE’s SFSP webpage.



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Crediting Enriched Grains in the SFSP

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.



Overview of Crediting Requirements

Enriched grain products and recipes made with enriched grains credit as the grains component in SFSP meals and snacks. Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ) credits the same as enriched grains.

Identifying Enriched Products

To credit as an enriched grain, 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 two criteria below.

1. The food is labeled as “enriched.” For example, long grain rice that is enriched will have the product name “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).”

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Table 1 shows some examples of enriched commercial grain products. For guidance on identifying enriched ready-to-eat (RTE) and cooked breakfast cereals, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the Summer Food Service Program](#).

Table 1. Examples of enriched commercial grain products that credit in the SFSP ¹	
Enriched grains are in <i>italics</i> . When reviewing the first ingredient on the product’s label, water is ignored.	
<p>Saltine crackers (group A) Ingredients: <i>Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate riboflavin folic acid)</i>, canola oil, palm oil, sea salt, salt, baking soda, yeast.</p>	
<p>Oat bran bread (group B) Ingredients: <i>Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]</i>, water, <i>oat bran</i>, sugar, oats, wheat gluten, soybean oil, salt, yeast, molasses, preservatives (calcium propionate, sorbic acid), monoglycerides, natural flavor, calcium sulfate, grain vinegar, datem, soy lecithin.</p>	
<p>Pancakes (group C) ³ Ingredients: Water, <i>enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)</i>, high fructose corn syrup, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk, artificial flavor.</p>	
<p>Spanish rice (group H) Ingredients: <i>Enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid)</i>, onion, salt, red & green bell pepper, spices (including red pepper), sugar, yeast extract, tamari soy sauce (soybean, salt) & garlic.</p>	
<p>¹ The serving must provide the required weight (groups A-E) or volume (groups H and I) for the appropriate grain group or contain the minimum creditable grains (refer to “Required Servings for Grain Products and Recipes” in this document).</p>	

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Crediting Criteria for Enriched Commercial Combination Foods

Combination foods are foods that contain more than one of the five food components (meat/meat alternates (MMA), grains, 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.

Table 2 shows some examples of how the grain ingredients might be listed in a commercial combination food. Enriched grains are in *italics*.

Table 2. Examples of ingredients statements for breaded chicken nuggets
<p>Example 1: Grain ingredients listed together with other ingredients</p> <p>Ingredients: Boneless, skinless chicken breast with rib meat, water, <i>enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)</i>, 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.</p> <p>This product credits as an enriched grain because the first <i>grain</i> ingredient is enriched flour, which is a creditable grain.</p>
<p>Example 2: Grain ingredients listed as separate grain portion</p> <p>Ingredients: Chicken, water, salt, and natural flavor. Breaded with: <i>enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)</i>, 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.</p> <p>The grain portion of this product credits as an enriched grain because the first ingredient in the breading is enriched flour, which is a creditable grain.</p>

If the commercial combination food meets the crediting requirements, the SFSP sponsor must determine the grains/breads servings in the grain portion of the food. For more information, refer to “[Required Servings for Grain Products and Recipes](#)” and “[Crediting Documentation for Commercial Grain Products](#)” 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 ingredients statement below shows an example of a commercial breaded chicken patty product that is not enriched.

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. The 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 meal patterns.

Table 3 shows examples of grain ingredients that are enriched and not enriched.



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Table 3. Examples of grain ingredients that are enriched or not enriched ¹	
Enriched ²	Not enriched ³
Bleached enriched flour	Bleached flour
Enriched bromated flour	Bromated flour
Enriched corn flour	Corn flour ³
Enriched corn grits	Corn grits ³
Enriched cornmeal	Cornmeal ³
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 ³
Enriched yellow cornmeal	Yellow cornmeal ³
Milled corn enriched with.... <i>(lists the five enrichment nutrients)</i>	Milled corn ³
Puffed wheat enriched with.... <i>(lists the five enrichment nutrients)</i>	Puffed wheat
Puffed rice enriched with.... <i>(lists the five enrichment nutrients)</i>	Puffed rice
Unbleached enriched wheat flour	Unbleached wheat flour
Unbleached enriched white flour	Unbleached white flour
<p>¹ This list is not all-inclusive.</p> <p>² These ingredients are not enriched unless the label states “enriched,” or the ingredients statement lists the five enrichment nutrients.</p> <p>³ Some cornmeal products may require a PFS to determine if they are enriched or nixtamalized (soaked and cooked in an alkaline solution). Nixtamalized corn ingredients credit as whole grains.</p>	

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Crediting Documentation for Commercial Grain Products

SFSP sponsors must be able to document that commercial grain foods meet the crediting requirements of the SFSP meal patterns. Acceptable documentation includes a Child Nutrition (CN) label or a manufacturer's PFS. Grain items cannot have a CN label unless they are part of main dish entrees that contain at least ½ ounce equivalent of the meat/meat alternates component.

A PFS from the manufacturer is required if the product's ingredients statement and packaging do not provide sufficient information to determine if the product meets the SFSP crediting criteria. For guidance on when a PFS is required, the information it must include, and how to review a grain product's PFS, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program*.

SFSP sponsors must verify the accuracy of the PFS before including the commercial grain product in reimbursable meals and snacks and must maintain crediting documentation on file. The CSDE will review this information during the Administrative Review of the SFSP.

If the manufacturer will not supply a PFS or the PFS does not provide the appropriate documentation, the product cannot credit as the grains/breads component in SFSP meals and snacks.

For more information on CN labels and PFS forms, refer to the CSDE's resources, *Using Product Formulation Statements in the Summer Food Service Program* and *Using Child Nutrition (CN) Labels in the Summer Food Service Program*, and the USDA's *Product Formulation Statement for Documenting Grains/ Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks* and *Tips for Evaluating a Manufacturer's Product Formulation Statement*. The steps for how to evaluate a grain product's PFS are summarized in the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program*. Additional guidance is available in the "Crediting Commercial Processed Products" section of the CSDE's SFSP webpage.

Training on the requirements for CN labels and PFS forms is available in Module 6: Meal Pattern Documentation 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*.

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Crediting Documentation for Grain Foods Made from Scratch

SFSP sponsors must be able to document that grain foods made from scratch meet the crediting requirements of the SFSP meal patterns. Recipes must be 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. Menu planners should use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine food yields and crediting information for all SFSP recipes.

Recipes that contain enriched grains credit as the grains/breads component based on the amount per serving. SFSP sponsors must determine the recipe's grains/breads servings using one of the following methods: 1) grams of creditable grains; or 2) if the weight of the prepared (cooked) serving is known, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart (refer to "[Required Servings for Grain Products and Recipes](#)" in this document).

The CSDE encourages SFSP sponsors to use standardized recipes to ensure accurate crediting information. For information on standardized recipes, refer to the CSDE's *Standardized Recipe Form for the Summer Food Service Program* and visit the "[Standardized Recipes](#)" section of the CSDE's SFSP webpage.



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Required Servings for Grain Products and Recipes

The required quantities for the grains/breads component are in servings. The minimum amount that credits toward the grains/breads component is $\frac{1}{4}$ 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. For detailed guidance, refer to 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 chart, *Exhibit A: Grain Requirements for Child Nutrition Programs* (Exhibit A) to determine the required weight (groups A-G) or volume (groups H-I) for the grain group where the product or recipe 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. Some commercial grain products require method 2 and the CACFP facility must obtain a PFS. 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*.

The Exhibit A grain quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The CSDE's resource, *Serving Sizes for Grains/Breads in the Summer Food Service Program*, lists the Exhibit A grains/breads servings that apply to the SFSP meal patterns.



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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 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 method 2 is required to determine if a commercial product meets the crediting criteria for grain menu items, 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 FBG determines the grains/breads servings of commercial grain products. For more information, watch the USDA's webinars, [Exhibit A Grains Tool to the Rescue](#) and [How to Maximize the Exhibit A Grains Tool](#).
- **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 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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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

Child Nutrition (CN) Labeling Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labeling_Program.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 Foods in the SFSP (Documents/Forms section of CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

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>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grains/Breads Component for the SFSP (Documents/Forms section of CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

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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/CreditHow_to_Use_Grains_Breads_Servings_Chart_SFSP.pdf

Meal Patterns for the SFSP (“How To” Section of CSDE’s SFSP webpage):

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

Product Formulation Statement for Documenting Grains/Breads Servings 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_Grains-Breads_Servings_Fillable_508.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks: Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains-Breads_Servings_Fillable_508.pdf

Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Grains_Breads_SFSP.pdf

Resources for the Summer Food Service Program Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/Resources_SFSP_Meal_Patterns.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 Recipe Form for the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Standardized_Recipe_Form_SFSP.docx

Standardized Recipes (Documents/Forms section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#StandardizedRecipes>

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

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

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What's in a Meal Module 6: Meal Pattern Documentation (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

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For more information, visit the [Meal Patterns for the SFSP](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP 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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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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