

## **Merced City School District School Wellness Policy**

### **Preamble**

The Merced City School District (MCSD) recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students and staff. The MCSD shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement. (42 USC 1751 Note)

### **District Health Committee**

The MCSD has established a Health Advisory and Wellness Committee (HAWC) whose focus is staff and student wellness. This committee will annually review the program and policy for an ongoing three-year implementation plan.

The Health Advisory and Wellness Committee (HAWC) will convene a representative district wellness committee (hereto referred to as the HAWC) that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The HAWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical/health education teachers; special education teachers; district health professionals; mental health and social services staff; school administrators, school board members; health and community agency partners; and the general public.

### **Nutrition Services**

#### **1. School Meals**

MCSD is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams' *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within MCSD participate in USDA child nutrition programs to the extent possible, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Afterschool Snack Program, and Summer Feeding.

All schools within MCSD are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

MCSD will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (MCSD offers reimbursable school meals that meet USDA nutrition standards.)

Within three years all schools will promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All available vegetable options have been given creative or descriptive names
- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options

## 2. Guidelines for Reimbursable Meals

Provide an assurance that the MCSD guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758 (f) (1), 1766(a) and 1779(a) and (b), as they apply to schools. The district's food service program shall give priority to serving unprocessed foods and fresh fruits and vegetables that are not deep fried.

### **ELEMENTARY SCHOOL – FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.

**Effective** from midnight to one-half hour after school.

**Applies to ALL** foods sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

#### **Compliant foods:**

1. **MUST** meet the following:

- a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), **and**
- b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), **and**
- c. ≤ 35% sugar by weight (except fruit\*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), **and**
- d. < 0.5 grams trans-fat per serving (no exceptions), **and**
- e. ≤ 230 milligrams sodium (no exceptions), **and**
- f. ≤ 175 calories per item/container (no exceptions)

**AND**

2. MUST meet **ONE** of the following:
  - a. Fruit
  - b. Non-fried vegetable
  - c. Dairy food
  - d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
  - e. Whole grain item\*\*

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

\* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

\*\* A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- b. A whole grain as the first ingredient, **or**
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- d. At least 51% whole grain by weight.

**Non-compliant foods may be sold from one-half hour after school through midnight.**

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#### **ELEMENTARY SCHOOL – BEVERAGE RESTRICTIONS**

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An **elementary school** contains no grade higher than grade 6.

**Effective** from midnight to one-half hour after school.

**Applies to ALL** beverages sold to students by any entity.

**Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when **any part** of the exchange occurs on a school campus.

***A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.***

#### **Compliant beverages:**

1. Fruit or Vegetable juice:
  - a. ≥ 50% juice **and**
  - b. No added sweeteners
  - c. ≤ 8 fl. oz. serving size
  
2. Milk:
  - a. Cow's or goat's milk, **and**
  - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - c. Contains Vitamins A & D, **and**
  - d. ≥ 25% of the calcium Daily Value per 8 fl. oz, **and**
  - e. ≤ 28 grams of total sugar per 8 fl. oz.
  - f. ≤ 8 fl. oz. serving size

**AND**

3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
    - ≥ 276 mg calcium
    - ≥ 8 g protein
    - ≥ 500 IU Vit A
    - ≥ 100 IU Vit D
    - ≥ 24 mg magnesium
    - ≥ 222 mg phosphorus
    - ≥ 349 mg potassium
    - ≥ 0.44 mg riboflavin
    - ≥ 1.1 mcg Vit B12, **and**
  - b. ≤ 28 grams of total sugar per 8 fl. oz, **and**
  - c. ≤ 5 grams fat per 8 fl. oz.
  - d. ≤ 8 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size

**Non-compliant beverages may be sold from one-half hour after school through midnight.**

#### **ELEMENTARY SCHOOL – STUDENT ORGANIZATIONS**

Reference: *California Code of Regulations* Section 15500

**Effective** from midnight to one-half hour after school.

**Applies** to food and beverage sales by student organizations.

Student organization sales must meet **all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the lunch period** has ended.
4. The food or beverage item **cannot be prepared on campus**.
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

### **3. Nutritional Guidelines for Foods Available at School**

The MCSD has adopted nutritional guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

The MCSD believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. The MCSD will require school organizations to use healthy food items or non-food items for fundraising and celebratory purposes. MCSD will implement the practice of staff avoiding the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff will educate parents/guardians and other volunteers regarding the MCSD School Wellness Policy and provide explanation and support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards. Class parties or celebrations shall be held after the lunch period when possible.

## Fund-raising Activities

**Fundraisers do not include afterschool sporting events or activities. Non-compliant food-related fundraisers are prohibited on school campuses from midnight to one half-hour after school.**

To support student health and school nutrition education efforts and to eliminate junk food in schools:

1. Schools will encourage fundraising activities that promote physical activity. (2017)
2. Ideas include:
  - a. 3-on-3 Basketball Tournament (charge a team \$40.00 for entrance; local business donates prizes)
  - b. Fun-runs; walk-a-thons (get sponsorship for each lap walked / 1.00 per lap); bike-a-thons; jump-rope-a-thons.
3. Each school is allowed one food-related fundraiser per year that does not meet nutrition and portion-size standards for foods and beverages that are sold individually (i.e. junk food). (by 2019)
  - a. Limited to no more than one month in length
  - b. Ex; cookie dough, candy bars,
4. Fund-raising ideas include but are not limited to:
  - a. Gift wrapping (gift wrapping for donations at bookstore during holidays)
  - b. School Read-a-thons.
  - c. Car Wash (sell tickets prior to the event)
  - d. Operate a food stand with coffee, bagels and juice
  - e. Drawings (movie passes, theme bags, theme baskets)
  - f. Sell items (ie: T-shirts / caps; candles; crafts; books; plants; reusable water bottles; seat cushions for sporting events (sell advertisements on cushions for local businesses)
  - g. Carnivals (Halloween, Easter)
  - h. Recycling (cans/bottles/paper/Christmas trees)
  - i. School clothing or rummage sale

## Rewards / Incentives

**Any MCSD Staff rewarding/incentivizing students (teachers providing food rewards; custodians providing candy bars, Bus drivers providing lollipops and candy, etc).**

In order to provide a culture that does not provide food as a reward, or physical activity to be used as a punishment; efforts will be made in the following areas:

1. Non-compliant food items and beverages will not be used as rewards for academic performance or good behavior at any school site or district entity. If used, will meet nutrition and portion size standards. Compliant foods can be purchased thru the School Nutrition Services.
  - i. In special circumstances, to address specific student needs, administration may approve, non-compliant rewards to be used for a period of time and faded out.
2. Food or beverages (including food served through school meals) will not be withheld as a punishment at any school site.
3. Creative School Reward Ideas (not limited to): Stickers, Pencils, Passes, Certificates, Positive Phone Calls Home, sitting by your friends, Longer Recess, Free Time, Send Home a Positive Postcard, Lunch Bunch: Eat with teacher in class and watch a cartoon or play games.

## Parties / Celebrations

1. It is recommended that all foods provided during parties/celebrations, etc. be purchased through the School Nutrition Services Department (pizza parties, lunch with the principal for attendance; student birthdays; holiday celebrations, student achievements, etc.).
2. Parties/celebrations will be limited to one time per month per classroom.
3. To the greatest extent possible; celebrations will be held after lunch.
4. Parties/celebrations will make every attempt to include physical activity and healthy foods.
5. Healthy Classroom Celebration Food Ideas include:
  - Fresh fruit ~ cut up or whole (Fruit kabobs)
  - Yogurt tubes/cups served with fresh fruit
  - Fruit roll-ups
  - Healthy granola bars
  - Graham crackers
  - Apple slices with topping
  - Animal crackers
  - Apple sauce
  - Popcorn
  - Baked Chips
  - Gold Fish Crackers
  - Whole Grain Muffins
  - Whole Grain Cookies
  - Cereals that contains whole grains and are low in sugar

## Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The MCSD will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

## Health & Nutrition Education

### 5. Nutrition Education

The MCSD shall provide goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

The MCSD nutrition education and physical education programs shall be based on research, consistent with the expectations established in the State's curriculum frameworks and adopted MCSD physical education content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition education shall be provided as part of the health education program in grades preschool-8<sup>th</sup>

and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education may also be offered through before- and after-school programs.

All students in grades preschool-8<sup>th</sup> shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, health and wellness coordinators, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.

The MCSD shall encourage staff to serve as positive role models. MCSD shall promote regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors. [staff wellness]

The MCSD prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

### **Curriculum Materials**

Curriculum materials utilized within the District must be based on current research and aligned with state frameworks in subjects such as mathematics, science, history & social studies, visual & performing arts, and English & language arts. These may include the following, but are not limited to:

- Dairy Council of California
- University of California CalFresh Nutrition Education Programs
- USDA Nutrition Education

The HAWC & MCSD encourages teachers to seek out new nutrition education materials. It is necessary for all new materials to be presented to the Director of Curriculum and Staff Development prior to any use in the classroom.

The HAWC will support the Director of Professional Development and Curriculum in locating and recommending new curriculum materials to provide nutrition education resources.

### **Curricula Application**

1. Each elementary and designated secondary teacher will be required by the district to utilize nutrition education in the classroom during the school year.
2. Each elementary teacher in the District will teach a grade-level appropriate nutrition education unit during the school year. It is the responsibility of the teacher to create a plan for implementing nutrition education into the curriculum in a way that will foster the development of nutrition related concepts.
3. Curriculum materials will be provided to elementary teachers at the beginning of the school year.
4. Curriculum from recommended sources will be provided to a minimum of one middle school grade level (as coordinated by each school) for the subject that will teach nutrition. This will ensure that each child attending middle school will receive nutrition education at least once.
5. MCSD strongly encourages the integration of nutrition education into existing curricula and other core subjects.

### **School Gardens**

Staff is encouraged to integrate hands-on experiences with school gardens to include but not limited to composting, planting and harvesting.

MCSD will encourage school maintenance and operations to assist with school site preparation.

### **Physical Education & Activity**

The district's nutrition physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Physical education shall be provided as part of the health education program in grades Preschool-8<sup>th</sup> and, as appropriate, shall be integrated into core academic subjects and offered through before- and after- school programs.

All students in grades Preschool-8<sup>th</sup> shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after- school programs, and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

## **1. Physical Education**

Understanding the importance of physical activity in the overall health of our students, MCSD provides the following:

- Curriculum
  - The Merced City School District has developed a fully functional physical education curriculum for grades Transitional Kindergarten (TK)-6<sup>th</sup> grade. The Merced City School District curriculum is standards based with an emphasis on the California state physical education standards, combined with NASPE Instructional Framework for Fitness Education. The MCSD curriculum provides lesson for every single day of the school year with lesson lengths at 25 minutes daily. That would put our daily minutes in physical education to exceed the 200 minutes for 10 days that is required by the state of California. The MCSD curriculum provides students the opportunity to become fit for life in progression based units
- Types of Physical Education
  - Students will have the opportunity to learn a variety of skills including locomotor, rhythmic, manipulative, exercise and fitness, individual, partner, and group dynamics, as well as nutritional. Students will have the opportunity to demonstration the skills needed to participate in, but not limited to, baseball, basketball, football, soccer, jump rope, tumbling, gymnastics, dance, track and field, badminton, anatomy, Ultimate Frisbee, Frisbee Golf, Volleyball, Hockey, Tennis, Strength Training, and Bowling.
- Minutes of Instruction in Physical Education & Activity shall be provided for a total period of time of not less than 200 minutes each 10 school days for students in K - 5 and not less than 400 minutes each 10 days for students in grades 6-8. (Education Code 51210, 51222)

## **4. Physical Activity**

- Recess—the district will refrain from withholding recess as a punishment to students.
- After School Programs (ASP)
  - After school programming is providing by the Merced County Office of Education (MCOE) After School Student Education: Teamwork for Success Program (ASSETS).
- Joint use—all middle schools have a joint use agreement for school gymnasiums with outside entities. The use of fields is open and available until dusk.

## **6. Psychological & Counseling Services**

It is recognized that the psychological



## 6. Safe & Healthy Schools

- Bullying
- Safe environments

**Staff Wellness:** MCSD is a tobacco, Alcohol and Drug free work place. The MCSD offers a variety of health and wellness programs for full and part time employees. The District's health plan sponsors the following programs for covered employees and their dependents:

1. Employee Assistance Plan (EAP)
  - EAP is a service available to employees and members of their household at no extra cost. It's designed to help employees with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with EAP staff members. Just call a 1-800 number or visit [anthemEAP.com](http://anthemEAP.com) 24 hours a day.
  - Services include – Child and elder care resources, Tobacco sensation, Grief and loss, Family health, Home improvement, Addiction and recovery, Dealing with identity theft, and more...
2. MDLive - Doctors available 24 hours a day, via online or phone, with a \$5 co-pay.
  - Employees and their dependents can take advantage of this program any time day or night without waiting in Urgent Care or a Doctor's office.
  - Most calls are returned within 15 to 30 minutes and calls only taking about 15 minutes.
  - Common Conditions Treated – Acne, Allergies, Asthma, Bronchitis, Cold & Flu, Constipation, Diarrhea, Ear Infection, Fever, Headache, Infections, Joint Aches, Pink Eye, Insect Bites, Nausea, Rashes, Sore Throat, and more...
  - Doctors are licensed and can prescribe medication over the phone to your pharmacy of choice.
3. Health Screening – is a confidential screening to make the employee aware of their numbers.
  - Screening checks for – cholesterol, A1C (marker for type 2 diabetes), Blood Pressure and BMI (body mass index)
4. Flu Shots – Flu shots protect our employees and their families against the known virus's. Most of our employees are in close proximity to sick children and adults all day. Flu shots aid in keeping our employees healthy and at work.
5. Condition Care – additional support for diabetes and coronary artery disease.
6. Health Assessments – employees can get their overall health status by completing the MyHealth Assessment online.

Other Health and Wellness benefits may be offered by the district and include:

- 1) Gym Membership – reduced cost membership and payroll deductions to both In-Shape and Fitness Evaluation.
- 2) Paid Shoe Program (Shoes for Crews) for specific classification of employees, this program is designed to prevent slip, trip and fall injuries among high risk employees.
- 3) Income Protection – pay up to 100 days at 75% of a contracted employees base daily rate for illnesses or injuries within one year of onset.

## 7. Accountability

### Program Implementation and Evaluation

The MCSD shall establish a plan for measuring implementation of this policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that each school site implements this policy. (42 USC 1751 Note)

The Superintendent or designee shall recommend specific quality indicators that will be used to measure the implantation of the policy district wide and at each district school. These measure shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, the HAWC and other appropriate persons.

The Superintendent or designee shall report annually on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Policy MERCED CITY SCHOOL DISTRICT

adopted: June 6, 2006 Merced, California

revised: September 23, 2008

Revised: TBD

**\*\*\*\*Implementation Plan\*\*\*\*\***

In Year 1 (2017) the district will provide opportunities to educate staff, students and parents regarding the wellness policy and its components. This may be done in a variety of ways including but not limited to

- presentations at staff meetings, parent organization meetings, parent-teacher conferences, instruction with students, Site Administration Meetings, board presentations
- flyers sent home monthly or quarterly to parents and clubs; for clarifying questions that have been brought to site attention.
- informational tables at school events (back to school, open house, family fun nights)
- survey being conducted with school clubs, teachers and parents regarding the topics of fundraising, rewards and celebrations.
- Teachers, students and clubs will be given opportunities to plan how the policy affects their current activities.

At the end of year 1 the policy will be re-evaluated using the Wellness Policy Evaluation Checklist. Information will be collected from principals, teachers, parents, students, Food Service, Nursing, HAWC and other key informants. The goal of year one will be the education of MCSD participants to gain knowledge of the policy and how it affects their classrooms, students and sites. Evaluation. Adjustments.

Year 2: begins conversion from knowledge to behavior. Evaluation. Adjustments

Year 3: Full implementation. Evaluation. Adjustments. Repeat with newly designated areas of concern.

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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;

- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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