

Mississippi State Department of Health

Smart Snacks



Smart Snacks

Most kids like to snack, and snacks can be good for you. Think of snacks as mini-meals that can provide the nutrients and energy your child needs to grow, play and learn.

Help your child snack smart.

Your child has a small stomach and probably eats less at meals than you do. Most young children do best when they have 3 meals and 2 – 3 snacks a day. Smart snacks between meals can help fill the gaps.

Keep healthy snacks handy.

Make sure healthy snack foods are available and easy for your child to get to eat. Some healthy snack ideas include fresh or canned fruit, cereal, milk, cheese sticks, boiled eggs, raw vegetables*, peanut butter*, crackers, and yogurt or pudding.



Time snacks carefully.

Snacks served too close to mealtime may affect your child's appetite. It's best to serve snacks two to three hours before meals.

Keep snacks small.

Offer your child a small snack and let him or her ask for more if they are still hungry.

Snack wisely.

Offer snacks to satisfy hunger. Avoid giving food to reward behavior or to calm a child that is upset. This can lead to emotional eating later in life.

Go easy on snacks high in fat or added sugars.

High fat and high sugar snacks provide calories, but usually offer few or no vitamins and minerals. Soft drinks, fruit drinks, snack cakes, pastries, candies and chips should be limited in the diet. Too many of these foods may lead to your child not eating the foods they need to grow and stay healthy. High fat and high sugar foods can make your child overweight.

Smart Snacking Is Good For Your Whole Family

Quick Snack Ideas:

- Whole fruit, sliced into small pieces
- Canned fruit, packed in its own juice
- Bean dip with crackers
- Raw, cut up vegetables* with low fat dressing
- Graham crackers, animal cookies or fig bars
- String cheese
- Low fat cheese and wheat crackers
- Bagel and peanut butter*
- Yogurt
- Pudding made with low fat milk
- Cereal with low fat milk (or dry cereal)



Easy to make snacks:

Milk shake-up:	Pour milk, 100% fruit juice and ice in covered container. Shake!
Fruit juice pops:	Freeze 100% fruit juice in small paper cups or ice cube trays.
Crunchy bananas:	Peel bananas. Roll in peanut butter or yogurt and crushed cereal. Freeze.
Peanut butter logs*:	Fill celery with peanut butter. Add raisins to make ants on a log.
Cinnamon toast:	Spread a little margarine on whole wheat bread and sprinkle top with cinnamon sugar. Brown lightly in toaster oven.
Muffin pizza:	Top half of an English muffin with tomato sauce or pizza sauce and low fat cheese. Heat in toaster oven.
Peanut butter roll up*:	Spread soft tortilla with thin layer of peanut butter and sliced banana. Roll up and cut into small bite size pieces.

Offer water, 100% fruit juice, skim or lowfat milk with snacks.

***Be cautious with foods such as raw vegetables and peanut butter. These foods may cause choking in children less than 4 years of age. Peanut butter should not be served to children less than 2 years of age. When serving peanut butter to young children, it should be spread very thinly on foods.**

In accordance with Federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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



This institution is an equal opportunity provider.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com

1-866-HLTHY4U (1-866-458-4948)

Catalog # 5075

Revised 9/10/19

Mississippi State Department of Health

WIC — Women, Infants & Children Program

Strong as Iron



Iron in the blood carries oxygen to all parts of the body, including the brain. Everyone needs iron, especially pregnant women, infants and children.

Infants and children need iron to:

- support rapid growth
- replace iron the body uses
- have enough energy to learn and play

Mothers, babies and children who have low iron levels

- get sick more often
- have less energy
- have poorer appetites

Where To Get Iron

Iron comes from the foods you eat.

The best iron-rich foods for babies include:

- breastmilk
- iron-fortified formula
- iron-fortified baby cereal
- strained, lean meat

Good sources of iron for moms and children are:

- lean red meats like beef and pork
- iron-enriched breads and cereals
- cooked beans (black, kidney, lima, pinto, navy)
- dark green leafy vegetables (mustard, collard, kale, turnip, and spinach)

Tea Can Cause Low Iron

Some foods and drinks keep your body from using iron. If your iron is low, you may want to avoid eating or drinking:

- tea
- cola beverages
- coffee
- too much chocolate

Don't Eat Non-foods

Some items that aren't foods will keep your body from using the iron for the foods you eat.

Avoid eating:

- ice
- clay
- flour
- starch
- dirt



The body uses iron from meat and chicken better than iron from beans, grain products, and other foods. However, vitamin C helps the body use iron. The foods you serve your family make a difference. Try these high iron combos:



Foods with iron	+	Foods with vitamin C
WIC Breakfast cereal	and	berries or WIC juice
Peanut butter sandwich	and	tangerine slices
Kidney beans in chili	with	tomato sauce
Hard-boiled eggs	and	melon slices or WIC orange juice
Chicken and rice stir fry	with	bell peppers

Sickle Cell Anemia

People with sickle cell anemia need iron too. Iron will not prevent sickle cell anemia, but normal growth and development depend on iron. Foods rich in iron are good for people with sickle cell anemia.

Lead Poisoning

Iron is important in preventing lead poisoning. Iron stops the blood from carrying lead in the body. Too much lead in the body will keep infants and children from growing strong. Lead also harms pregnant and breastfeeding women and their babies. To decrease lead absorption, eat a low fat diet rich in calcium, iron and vitamin C.

The WIC package provides iron-rich foods that keep blood strong.

Helpful Hints

- The iron in vegetables is absorbed better when eaten with meat.
- The iron absorption of all foods is improved when eaten with foods high in vitamin C. Foods high in vitamin C include oranges, lemons, grapefruits, tangerines, tomatoes, potatoes, kiwi fruit, cabbage, pineapple, strawberries, greens, cantaloupe and peppers.
- Iron-fortified infant cereal can be added to meat patties or meat loaf to add extra iron.
- If you or your child is prescribed iron, be sure it is taken daily. Taking iron with fruit juice increases the body's iron absorption. Do not take iron with tea or colas.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com

1-866-HLTHY4U (1-866-458-4948)



To learn more about WIC, call your local WIC clinic or **1-800-545-6747**.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (1.) Mail: U.S. Department of Agriculture,
Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW,
Washington, D.C. 20250-9410
- (2.) Fax: 202-690-7442 or
- (3.) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

A Healthy Weight for You



Having a healthy weight can help you:

- Feel good
- Have more energy
- Set a good example for your family

Being overweight can lead to serious health problems that include:

- Type 2 diabetes
- High blood pressure
- Heart disease
- Some cancers



You can become overweight if you:

- Eat more calories than your body needs
- Are not active
- Have a family history of weight problems
- Have a medical condition or take medications that can lead to overweight



What's a healthy weight for you?

If you don't know a healthy weight for you, talk with your health care provider. A dietitian or nutritionist can help you with an eating and exercise plan that's right for you.

Being active is important for good health. It can help you stay fit and healthy.

- Being physically active is good for your overall health.
- Regular activity is one of the best ways to lose weight and keep it off.
- Find an activity you enjoy so you'll be more likely to stick with it.
- Start slowly and build up to 30 to 60 minutes of activity most days of the week.
- It doesn't matter what type activity you do, just move! All movement counts.
- Talk with your medical provider before beginning any exercise program.



Ideas for increasing activity:

- Go for a walk with family or friends.
- Walk around a shopping mall or large department store.
- Play games with your children (i.e. throw a ball, play tag).
- Work in the yard.
- Clean the house.
- Dance – by yourself or with your kids.
- Use an exercise video.



Making healthy food choices:

- Eat smaller portions and avoid second servings.
- Eat fewer fried foods. Bake, broil or boil foods instead.
- Trim fat and skin off meat, fish and poultry.
- Use less fat when cooking. Add flavor with spices.
- Use nonstick pans and pan sprays.
- Look for foods that are a good source of dietary fiber. Fiber can prevent illnesses and help you maintain a healthy weight. Try to get 20-30 grams of fiber per day.
- Eat more fruits and vegetables every day. These foods are high in vitamins and fiber, but low in calories.
- Drink 8 glasses of water every day.
- Choose 100% fruit juices, but limit these to 8 oz. per day.
- Avoid drinks that are high in sugar, such as Kool-aid, sodas, fruit punch and fruit drinks.
- Enjoy fat free or low fat milk, yogurt or other dairy foods daily.
- Eat whole grains daily (whole wheat breads and cereals, brown rice, etc.). These foods are generally good sources of fiber.
- Choose snacks wisely. Try fruits, raw vegetables with dip, whole grain crackers or cereals, low fat dairy (yogurt, ice milk, mozzarella cheese sticks), fruit smoothie, animal crackers or vanilla wafers.



A change that I plan to make to improve my health is _____

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1.) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 (2.) Fax: 202-690-7442 or (3.) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com

1-866-HLTHY4U (1-866-458-4948)

Mississippi State Department of Health

WIC — Women, Infants & Children Program

Feeding Your Toddler

1–2 Years





Tips for good health:

- Limit your child's intake of foods like candy, Kool-Aid, and cakes. These foods are mainly fat or sugar.
- Children eat more on some days than others. Think about the foods your child eats over several days to see if his diet is balanced and healthy.
- Set a good example. Eat well and be active. Children learn by what they see.
- You decide the foods to serve, and your child decides how much to eat. In other words, do not force your child to eat all of the food he is served at a meal.
- Children <4 years of age can choke on foods like hot dogs, raisins, popcorn, raw carrots, and grapes. Avoid these types of foods or cut into very small pieces.

Prevent Tooth Decay

- Toddlers should stop drinking from a bottle around 1 year of age. **Breastfeeding is healthy and should continue for as long as mom and baby wish.
- Let your child practice drinking from a cup. Remember, spills are normal!
- Offer your child water during the day when she is thirsty between meal times. Do not let your child sip juice, milk, Kool-Aid, colas, or sweet tea between meals or at bedtime.

Immunizations



Children need another set of shots at around 1 year of age. Bring your child's shot card to each WIC visit.

For more information about WIC, stop by your local health department or call the Mississippi WIC State Office at 1-800-545-6747.

Sample Menu Start with small servings. Give 1 tablespoon of each food per year of age. For example, if your child is 2 years old, start with 2 tablespoons of vegetables and 2 tablespoons of fruit. Let your child ask for more.

1. Breakfast

- ½ cup whole grain cereal
- ½ cup whole milk (low-fat/skim milk for kids >2 yrs.)
- ¼ banana, chopped

2. Snack

- 2-3 graham crackers
- ½ cup 100% juice

3. Lunch

- ½ turkey and cheese sandwich on wheat bread
- ¼ cup green beans
- ¼ cup corn
- ½ cup milk



4. Snack

- ½ cup milk
- ¼ cup apple sauce



5. Supper

- 1 chicken leg, meat chopped
- ¼ cup cooked carrots
- ¼ cup cooked broccoli
- ¼ cup noodles
- ½ cup milk



Offer 3 meals and 2–3 snacks to your child each day.

Total amounts of foods served during the day should add up to:

Bread/Grains	Vegetables	Fruits	Milk	Meat/Beans
3 ounces	1 cup	1 cup	2 cups	2 ounces

What counts as 1 ounce (oz.) of grains?

- 1 slice of bread
- ½ cup cooked rice, pasta, or oatmeal
- 1 cup ready-to-eat cereal
- 5–7 crackers
- 1–6 in. tortilla

What counts as ¼ cup serving of vegetables?

- ¼ cup cooked vegetables
- ¼ cup vegetable juice (ex. tomato juice)
- ¼ cup leafy greens
- 1 small ear of corn

What counts as ¼ cup serving of fruits?

- ½ cup 100% fruit juice
- ¼ cup chopped fruit
- ¼ cup applesauce
- ¼ cup sliced grapes
- ¼ cup sliced bananas

What counts as ½ cup serving of milk?

- ½ cup of milk
- ½ cup yogurt
- 1 slice of cheese

What counts as 1 ounce of meat/protein?

- 1 oz. cooked meat or fish
- ½ hamburger patty
- 1 small chicken leg
- ¼ cup cooked beans or peas
- 1 tablespoon peanut butter





MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com

1-866-HLTHY4U



As a breastfeeding mom, you will get lots of support and help from WIC. To learn more, call your local WIC clinic or **1-800-545-6747**.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (1.) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW,
Washington, D.C. 20250-9410
- (2.) Fax: 202-690-7442 or
- (3.) Email: program.intake@usda.gov.

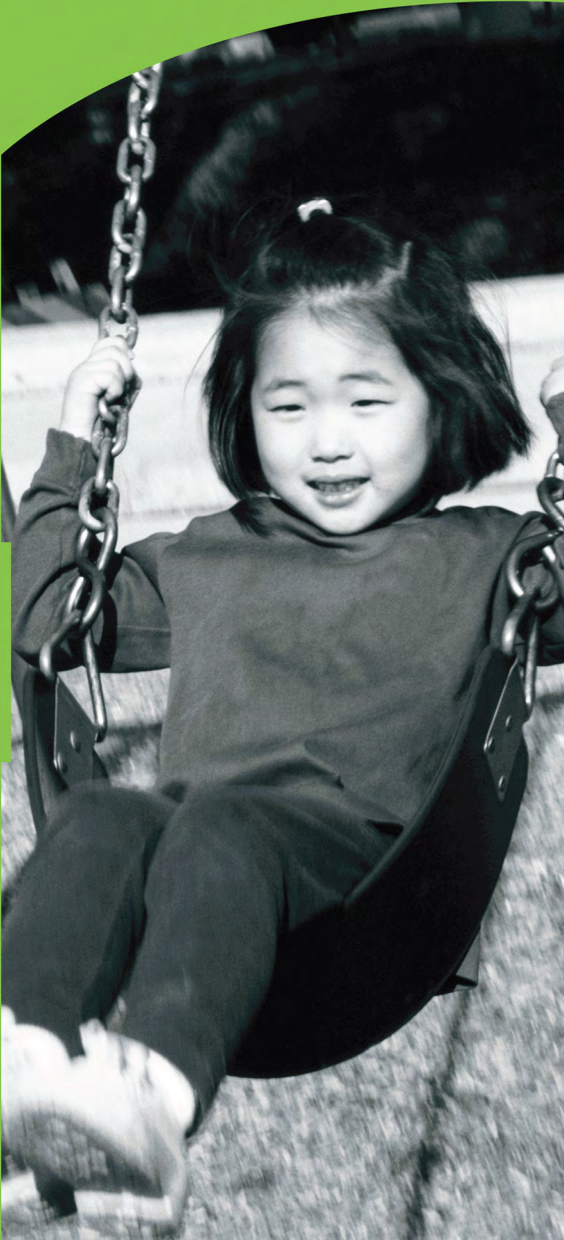
This institution is an equal opportunity provider.

Mississippi State Department of Health

WIC

Women, Infants & Children Program

Healthy Active Child



HEALTHY ACTIVE CHILD

Active kids are healthy kids. Your child needs to be active for at least 30 to 60 minutes each day.

BEING ACTIVE:

- Helps your child's brain grow.
- Teaches your child through play.
- Allows your child to learn new skills.
- Helps your child use her imagination and discover new things.

Children need to do things over and over in order to do them well.

WHAT KINDS OF PLAY DO CHILDREN LIKE?

- Copying parents doing activities.
- Playing with toys they can push and pull.
- Dumping things out of containers.

Be a role model: play with your child every day.



Is your child getting enough daily activity? If not, what are some games or activities you would like to try with your child?

HOW CAN I MAKE ACTIVITY FUN AND ENCOURAGE MY CHILD TO PLAY?

Enjoy spending time outside with your child. Find activities you both enjoy.

Encourage your child to play outside every day.

Arrange playgroups so your child can play with other children.

Have in mind rainy day games for those days you cannot play outside.

OUTSIDE GAMES
FOR YOU AND
YOUR CHILD:

Hide and seek
Leapfrog
Jump rope
Hopscotch
Rolling/kicking a ball



INDOOR GAMES:

Dance to music
Simon says
Hide and seek
Hop like a rabbit
Gallop like a horse
Roll like a ball



Watching too much TV, playing video games, or sitting around the house can be unhealthy.

The more TV children watch before the age of 3, the likelier they are to have attention problems at age 7. The American Academy of Pediatrics recommends that children under 2 not watch TV. For children over 2, limit this time to less than two hours per day.

KEEP YOUR CHILD HEALTHY.

Being overweight in childhood can lead to other health problems, like high blood pressure and diabetes. Even if others in your household are overweight, your child can grow to be a normal weight and size if you help him.



IMPORTANT TIPS TO KEEP YOUR CHILD HEALTHY:

- Be active with your child every day.
- Offer healthy snacks like fruit, yogurt, or dry cereal instead of chips, cookies, or cakes. It is best to offer snacks when your child is seated.
- Offer water, juice, or milk to drink instead of Kool-Aid, soda, or sweet drinks. Make sure your child drinks water throughout the day.
- Find ways other than food to comfort or reward your child.
- Enjoy spending time with your family by eating meals together.

CHOKING HAZARDS

Teach your child that it isn't safe to run with things in his or her mouth—teething rings, suckers, or toys. When your child puts something in his or her mouth that doesn't belong, such as a coin, pencil, or peanut, take it away and explain, "Do not put this in your mouth. It might get stuck in your throat and hurt you."



For more information
stop by your local health department, or
call the Mississippi State Department of Health
WIC office at 1-800-545-6747.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com
1-866-HLTHY4U
1-866-458-4948

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1.) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW,
Washington, D.C. 20250-9410
- (2.) Fax: 202-690-7442 or
- (3.) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Mississippi State Department of Health

WIC — Women, Infants & Children Program

Feeding Your Child

3–5 Years



Offer 3 meals and 2–3 snacks to your child each day.

Total amounts of foods served during the day should add up to:

Bread/Grains	Vegetables	Fruits	Milk	Meat/Beans
4–5 ounces	1½ cups	1–1½ cup	2 cups	3–4 ounces



What counts as 1 ounce (oz.) of grains?

- 1 slice of bread
- ½ cup cooked rice, pasta, or oatmeal
- 1 cup ready-to-eat cereal
- 5–7 crackers
- 1 6 in. tortilla

What counts as ½ cup serving of vegetables?

- ½ cup cooked vegetables
- ½ cup vegetable juice (ex. tomato juice)
- 1 cup lettuce or leafy greens
- 1 small ear of corn

What counts as ½ cup serving of fruits?

- ½ cup 100% fruit juice
- ½ cup chopped fruit
- 4 oz. applesauce
- 16 small, seedless grapes
- ¼ cup raisins

What counts as ½ cup serving of milk?

- ½ cup of milk
- ½ cup yogurt
- 1 slice of cheese

What counts as 1 ounce of meat/protein?

- 1 oz. cooked meat or fish
- ½ hamburger patty
- 1 small chicken leg
- ¼ cup cooked beans or peas
- 1 tablespoon peanut butter

Tips to remember:

- Some foods like candy, Kool-Aid, and cakes do not fit into any group. These “extras” are mainly fat or sugar. Limit your child’s intake of these.
- Serve child size portions and let your child ask for more.
- It is normal for a child’s appetite to change from day to day.
- Parents, set a good example. Eat well, be active, and get your family to join you.
- Children under 4 years of age can choke on foods like hot dogs, raisins, popcorn, raw carrots, and grapes. Avoid these types of foods or cut into very small pieces.

Sample Menu

Breakfast

- ½ cup cereal with ½ cup skim milk
- ½ cup chopped pineapple

Snack

- ½ cup skim milk
- ¼ cup raisins

Lunch

- ½ cup spaghetti noodles
- ½ tomato sauce with lean beef
- ½ cup cooked corn
- ¼ cup black-eyed peas
- ½ cup skim milk

Snack

- 1 slice cheese
- 5 whole wheat crackers
- ½ cup juice



Supper

- 2 small cooked chicken legs
- ¼ cup cooked rice
- ½ cup steamed broccoli
- ½ cup cooked carrots

Snack

- 4 small graham crackers
- ½ cup juice



MISSISSIPPI STATE DEPARTMENT OF HEALTH
www.HealthyMS.com
1-866-HLTHY4U



To learn more about WIC, call your local WIC clinic or **1-800-545-6747**.

In accordance with Federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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

This institution is an equal opportunity provider.