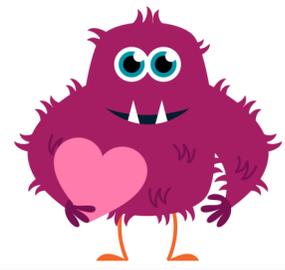




# HEALTHY START



February 2018  
Volume 2018-2

Modesto Office: (209) 578-4792 or (800) 755-4792

FRAMAX Child Care Food Program  
715 G Street, Modesto, CA 95354

Page #1  
Email: [support@framax.net](mailto:support@framax.net)  
Fresno Office: (559) 275-6838 or (888) FRA-MAXX

## Pending Enrollments

As a provider, you agree to complete an enrollment form for each child and infant in your care on or before the child's first day in your care. Each child/infant attending your child care, including probationary or drop-in, need to be enrolled with FRAMAX. The enrollment form must be signed and dated by the parent/guardian, state the child's normal hours and days of care and the meals (s)he receives during your care. Make sure to make a copy of all child enrollments for your records.

Some of the most common child enrollment errors we see include:

- *The child enrollment report is not an original copy.* We cannot accept photo copied signatures on child enrollments.
- *The Participates in CACFP box is unchecked.* The computer defaults a checkmark into the box. This box should be checked; it means that the child participates on FRAMAX.
- *The status of the child on the Child Enrollment Report is "Withdrawn", meaning the child was once in your care, was dropped, and has since returned.* When a child returns to your care, call the Modesto office to have the child(ren) reactivated. You will then be able to print a Child Enrollment Report with the status of "pending."
- *The parent signature date does not match the child's enrollment date.* If this happens, the DOE will be changed to match the parent signature date. Please ensure these two dates match to avoid any meal disallowances.

It is important to make sure you are submitting all of your child enrollments prior to submitting your claim each month. This will ensure that you receive proper reimbursement for the children in your care. Web providers, are given a warning message that they have pending children, before submitting their claim. Pending children will not be reimbursed.

## It's That Time Again...

FRAMAX will be conducting Annual Training for the next few months. This training will be conducted during regular monitoring visits. This training is mandatory for all providers. Please help us to get your training done during your normal visits, so that you will not be inconvenienced with additional visits. FRAMAX appreciates you and your cooperation!



FRAMAX Modesto and Fresno will both be closed February 19th in observance of Presidents' day. You can still leave a message stating closures (or any other issues you may have) on the general mailbox. Someone will return your call on Tuesday the 20<sup>th</sup>. If you are having problems with KidKare, you can call them directly at (972) 671-5211, you can also [submit a ticket](#) to KidKare here. For providers that are working on the 19th, this is not a recognized holiday in the system, so no Holiday Verification Form is necessary.

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## Provider Recognition

Our Field Representatives would like to acknowledge the following providers for their excellent work noted during their monthly review.

- Jackie Wade - Fair Oaks
- Lorraine Boyle - Coarsegold
- Mona Wilkinson - Lodi
- Norma Tapia - Woodland
- Ana Estrada - Newman
- Stacey Coder - Visalia
- Bernadette Anderson - Visalia
- Sophia Gonzalez - Hanford



We know that there are many providers that have exceptional practices in their operation of the CACFP. It is only possible, however, to recognize a few each month.

*Keep up the great work!  
We are proud of everyone.  
You could be next.*

## !!!Claim Due Dates!!!

Claims must be turned into FRAMAX offices on **the first working day of the month**, after the month of the claim.

FRAMAX will consider the claim to be **ON-TIME** if: 1) It is personally delivered and received in our office no later than **5 PM on the 5th calendar day of the month** or 2) It is postmarked on or before **the 5th calendar day of the month** and delivered to our offices by the US Postal Service on or before **the 9th calendar day of the month**. **THERE ARE NO EXCEPTIONS TO THIS POLICY. YOU ARE RESPONSIBLE FOR SUBMITTING YOUR CLAIM ON TIME.**

The **DEADLINE** date for all Late "scannable" claims is the last working day of the month following the claim month. The late claim must be **postmarked** by that date or delivered to our office by that day. **LATE CLAIMS ARE ONLY ACCEPTED FROM PROVIDERS WITH UNUSUAL CIRCUMSTANCES OR HARDSHIPS.** We cannot reimburse for any claims received after this date. If you are not submitting a claim for the month submit a **ZERO MEAL COUNT** on your Claim Information Form.



## Working as a TEAM!!

We think it is beneficial to our providers to have an article for Referrals Needed (for those providers that need children in care). Please contact the Modesto office at: (800) 755-4792 or fax your information to: (800) 578-9891. All FRAMAX needs is your name, address, contact number, and the age range of children needed in your care. FRAMAX will publish this information in our monthly newsletter. This way providers in the area who may be full or downsizing their childcare can pass the information along to the parents.

## !!!Ultimo días de reclamo!!!

Reclamaciones deben de ser entregadas a las oficinas FRAMAX en el primer día laborable del mes después del mes de la reclamación. Sin embargo FRAMAX examinará la pretensión de ser A-TIEMPO si: 1) personalmente son entregadas y recibidas en nuestras oficinas no más tarde de las **5PM** en el **quinto** día del calendario del mes o 2) que son matasellados antes o el **quinto** día calendario entregado a nuestras oficinas por el US Postal Servicio en o antes del **noveno** día de calendario del mes. **NO HAY EXCEPCIONES A ESTA POLÍTICA. USTED ES RESPONSABLE DE PRESENTAR SU RECLAMACIÓN A TIEMPO.**

La fecha límite para todas las reclamaciones "escaneadas" es el último día del mes siguiente al mes de la reclamación. La reclamación final debe ser matasellado de esa fecha o entregada a nuestras oficinas en ese día. **SÓLO SE ACEPTAN RECLAMACIONES TARDÍAS DE PROVEEDORES CON CIRCUNSTANCIAS INUSUALES O CON DIFICULTADES.** No reembolsaremos por cualquier reclamación recibida después de esta fecha. Si no va a enviar un reclamo para el mes presentar un "recuento de cero comida" en su Forma para Reclamar Información (CIF).

## Referrals Needed

The following providers participate on the CACFP with FRAMAX and are in need of day care children. If you live in their area, and have children to refer, they would really appreciate a referral!! Providers must allow publishing of their phone number for this referral service.

**Diana Ortiz**  
Turlock

Ages: 2-12 yrs.  
(209) 277-3370

**Norma Aguilar**  
Modesto

Ages: 6 mos-6 yrs.  
(209) 688-1882

**Sherri Miller**  
Modesto

Ages: 0-12 yrs.  
(209) 544-1486

**Jeniefel Alvarez Torres**  
Patterson

Ages: 0-12 yrs.  
(787) 923-4896

**The above providers will only appear in this month's Newsletter. If they would like to remain in the referral section, providers will need to contact the Modesto office each month at (800) 755-4792, (209) 578-4792, or [support@framax.net](mailto:support@framax.net)**

## Cabbage Salad

Dill, mustard, and lemon juice give this crunchy salad a zesty dressing. Make the dressing ahead to save time later.

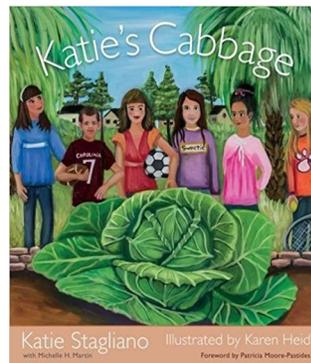
**Ingredients:** 4 cups cabbage (shredded or thinly sliced), ¼ cup carrot (grated or finely sliced), ¼ cup celery (thinly sliced), ¼ cup green pepper (chopped), ⅓ tbsp. onion (finely chopped), ½ tsp dill (or basil, or parsley), ½ cup mayonnaise (light or low-fat), ½ cup yogurt (non-fat plain), 1 tsp mustard, ½ tsp lemon juice, ½ tsp sugar

**Directions:** Wash and prepare vegetables for chopping. Use a cheese grater or slice all vegetables thinly with a sharp knife. Put in a large bowl. Add herbs to taste. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a bowl. Blend well. Add to vegetables. Mix well. Keep in refrigerator until ready to eat.

Adapted from: <https://whatscooking.tns.usda.gov/>



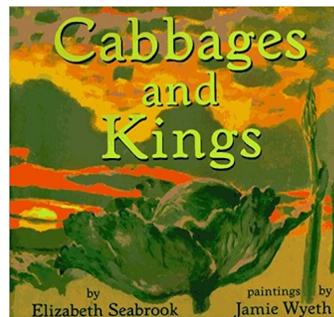
## Let's Read!!



### Katie's Cabbage

Katie's Cabbage is the inspirational true story of how Katie Stagliano, a third grader from Summerville, South Carolina, grew a forty-pound cabbage in her backyard and donated it to help feed 275 people at a

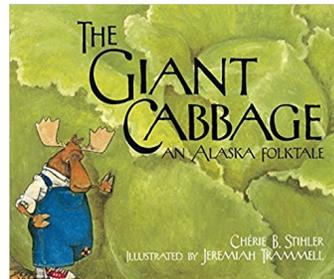
local soup kitchen. In her own words, Katie shares the story of the little cabbage seedling and the big ideas of generosity and service that motivated her to turn this experience into Katie's Krops, a national youth movement aimed at ending hunger one vegetable garden at a time. Katie's Cabbage reminds us of how small things can grow and thrive when nurtured with tender loving and care and of how one person, with the support of family, friends, and community, can help make a powerful difference in the lives of so many.



### Cabbages and Kings

A special friendship begins in Farmer Green's garden when a young asparagus stalk strikes up a conversation with his neighbor, a cabbage, and the two vegetables discover that

they have much in common.



### The Giant Cabbage

Moose discovers a very big cabbage in his garden that could win first prize at the Alaska State Fair. But there's a problem--it's so huge he can't lift it!



## Indoor Physical Activity Ideas for Kids

Activity helps children stay healthy and happy. These suggestions are useful during extended rain and snow periods when outdoor play is not possible, Television and use of computer or video games should be limited to 2 hours or less per day.

- Use music for stepping, hopping, or jumping in place.
- Have kids make up dances or share the latest popular dances or line dances.
- Play the freeze game in which kids dance and stop to the music starting and stopping.
- Play "Keep the Balloon Up". Use one balloon per child or one balloon per small group. The group may add additional balloons as they gain control and awareness.
- Practice progressive relaxation; tensing each body segment and then relaxing in turn (head, neck, shoulders, right arm, right hand, left arm, left hand, etc.).
- Try sitting exercises by doing a variety of arm, leg, foot, and trunk exercises while remaining seated.
- Play "Follow the Leader" or "Simon Says" using exercises.
- Measure heart rates after various movements (hop, walk, jump, skip, etc.).
- Make up hand jive routines or clapping games, share and teach to others.
- Try juggling, top spinning, or yo-yo contests.
- Mimic sports: act out sport movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming various strokes and volleyball passing/serving. Everyone is skillful without the equipment!!



- Collect milk jugs to fill with varied amounts of water to use as weights.
- Make paper airplanes and see how far they can fly-but be sure they don't point them at other people

### MORE INDOOR ACTIVITY IDEAS:

- Build a fort out of bed sheets and chairs.
- Play with a pet.
- Play "Hide and Go Seek."
- Put on a kid's workout video or dance video!
- Play "Charades."
- Jump rope.
- Spin a hula hoop around your body or try a relay race pushing the hula hoop. The race doesn't have to span any longer than the length of a room.
- Try hopscotch drawn with painters tape on the kitchen floor.
- Play traditional games - "Ring around the Rosie", "Duck Duck Goose", and the "Hokey Pokey."
- Toss around a foam ball, play catch or basketball with a basket or pail.
- Introduce activity breaks during commercial breaks any time children watch TV so they don't remain completely sedentary.

Adapted from: *CACFP Roundtable Nutrition Edition, Issue 77*

### Online Resource for Indoor Activity:

<http://kidshealth.org>

[\*CACFP Roundtable Nutrition Edition, Issue 77\*](#)

## THE FLU: A GUIDE FOR PARENTS

### What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses.

There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.



### How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children who have certain long-term health conditions.

### How does the flu spread?

Most experts believe flu viruses spread mainly by droplets from people with the flu who cough, sneeze, or talk. These droplets can land in the mouths or noses of people nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes, or nose.

### What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

### How long can a sick person spread the flu to others?

People with the flu may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can infect others for longer periods of time.

## Protect Your Child

### How can I protect my child against the flu?

The most important thing you can do to protect against the flu is to get a flu vaccine for yourself and your child.

- Vaccination is recommended for everyone 6 months and older.
- Employees and volunteers in child care homes and centers need to have an influenza vaccination between August 1 and December 1 of each year.

The flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.

### What are some of the other ways I can protect my child against the flu?

Get vaccinated and take everyday steps to help prevent the spread of germs:

- Stay away from people who are sick.
- If your child is sick with the flu, keep him or her in a separate room from others in the household, if possible.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters, door knobs, light switches, and toys for children.

## If Your Child Is Sick

### Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading the flu to other children or caregivers. Keep your child home from school, day care, or camp for at least 24 hours after the fever is gone. The fever should be gone without the use of a fever-reducing medicine. A fever is defined as 100°F (37.8°C) or higher.

## Smart Shopping for Veggies and Fruits

### 7 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

#### 1 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

#### 2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

#### 3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

#### 4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

#### 5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

#### 6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer,

#### 7 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

## la buena compra de vegetales y frutas

### 7 consejos para economizar en vegetales y frutas

#### 1 cultive sus propios vegetales y frutas

Cultive alimentos frescos, económicos y sabrosos, en el huerto, jardín, o en el balcón, para añadir a sus comidas. Para los principiantes, las hierbas, los pepinos, pimientos o tomates son buenas opciones. Busque en su biblioteca local o en línea para obtener mas información sobre como sembrar un huerto.

#### 2 no vale la pena pagar el precio completo

Busque en el periódico local, en internet y en las tiendas las ventas especiales, cupones de descuento y ofertas que pueden reducir el costo de los alimentos. A menudo, puede comprar mas por menos en supermercados (o tiendas de descuento, si están disponibles).

#### 3 mantenga una lista de compras

Planifique sus comidas por adelantado y haga una lista de compras. Ahorrara dinero al comprar solo lo que necesita. No vaya de compras cuando tenga hambre. Ir de compras después de comer hará que sea mas fácil pasar por alto los bocadillo tentadores. Tendrá mas dinero disponible en su presupuesto para comprar vegetales y frutas.

#### 4 pruebe productos enlatados o congelados

Compare el precio y la cantidad de raciones de las variedades frescas, enlatadas y congeladas de los mismos vegetales o frutas. Los artículos enlatados y congelados pueden ser menos costosos que los frescos. En el caso de artículos enlatados, elija frutas envasadas en 100% jugo de fruta y vegetales con etiquetas que indican "bajo en sodio" o "sin sal adicional" ("low in sodium" o "without added salt").

#### 5 compre cantidades pequeñas frecuentemente

Algunos vegetales y frutas frescas no duran mucho. Compre cantidades pequeñas con mayor frecuencia para garantizar que pueda comerlos y no se echen a perder.

#### 6 compre a granel cuando los artículos estén en venta especial

En el caso de los vegetales y las frutas que usa con frecuencia, las bolsas as grandes son mas económicas. Las frutas y vegetales enlatados congelados duran mas y se pueden comprar en cantidades grandes cuando están en venta especial.

#### 7 mantenga las cosas simples

Compre los vegetales y las frutas en sus formas mas simples. Los alimentos pre cortados, pre lavados, listos para el consumo y procesados son convenientes pero a menudo cuestan mucho mas que si se compran en sus formas frescas.



# MENU FOR A DAY

## Simple Sweet Potato Mash (1)

**Ingredients:** 3-4 medium sweet potatoes (2lbs.), ¼ cup butter, ¼-½ cup milk, ¼ tsp salt, ½ tsp cinnamon (optional), 2 tbsp. maple syrup (optional) **Directions:** Rinse sweet potatoes and pierce with a fork. Microwave on high about 10 minutes, until soft, turning over ½ way through. Cover sweet potatoes with a towel and let cool for 15-20 minutes. Slice sweet potatoes in half long ways and scoop out soft centers into a large bowl. Add remaining ingredients, including either cinnamon or maple syrup and mash with a potato masher. Serve warm.

Recipe adapted from: CACFP Roundtable Nutrition Edition, Issue 65

## Roasted Pears (2)

**Ingredients:** 2 tbsp. butter, 3 tbsp. flour, 3 tbsp. oats, 2 tbsp. pumpkin seeds or nuts, 2 tbsp. golden raisins, 1 tbsp. brown sugar, ¼ tsp cinnamon, pinch all spice, pinch salt, 4 large pears (Anjou or Bartlett) **Directions:** Preheat oven to 375°F. Line a baking sheet with foil or parchment paper. In a small bowl, mix all of the crumble ingredients together with a fork until well combined. Leave the skin on the pears. Cut in half and core each pear. Cut a thin slice off the rounded side of each pear half so they will sit flat on the baking sheet. Divide crumble mixture between pear halves and bake until crumble is golden and the pears are tender, about 25-30 minutes. Serve warm.

Recipe adapted from: CACFP Roundtable Nutrition Edition, Issue 76

## Baked Tofu Tenders (3)

**Ingredients:** 2 pkgs. tofu, extra firm (14 oz.), 3 large eggs, ½ cup cornstarch, 1½ cups panko breadcrumbs, 2½ tsp salt, pepper (to taste), cooking spray **Directions:** Preheat oven to 425°F. Generously coat a rimmed baking sheet with cooking spray. Drain tofu. Slice each block into 8 sticks. Lay the pieces flat on paper towels and blot dry gently squeezing out excess moisture. Sprinkle tofu with 1 tsp of salt and let stand. Put the cornstarch on a plate. Whisk the eggs with ½ tsp of salt and pepper in a shallow bowl. Mix panko with 1 tsp of salt and pepper to taste, in a second shallow bowl. Working with one or two pieces of tofu at a time coat each piece in the cornstarch, shaking off excess and dip into the egg then dredge in the panko. Transfer the coated tofu sticks to the baking sheet and generously spray the tops with cooking spray. Bake until brown and crisp, 30-35 minutes, turning halfway through. Serve with a dipping sauce such as, marinara sauce, ketchup or sweet chili sauce.

Recipe adapted from: CACFP Roundtable Nutrition Edition, Issue 72

## Mac and Cheese with Tomatoes (4)

**Ingredients:** 1 cup dry whole wheat Macaroni, 8 oz. mixture of shredded cheese (sharp cheddar, Monterey jack, mozzarella, provolone, gruyere), ⅓ cup sour cream, 1 can (14 oz.) tomatoes (canned, petite diced), ½ cup panko crumbs **Directions:** Preheat oven to 350°F. Spray a baking dish with non-stick spray. Cook macaroni according to package instructions, drain, and transfer to bowl. Stir in remaining ingredients, blending until cheese starts melting. Top with panko crumbs. Bake until bubbling, about 30 minutes.

Recipe adapted from: CACFP Roundtable Nutrition Edition, Issue 77

BREAKFAST	
102	Eggs
236	Sweet Potatoes (1)
7	Milk
AM SNACK	
34	Pears (2)
7	Milk
LUNCH	
117	Tofu (3)
78	Rice A Roni
173	Corn
168	Celery
7	Milk
DINNER	
35	(Homemade) Fish Sticks
66	Whole Wheat Macaroni Noodles (4)
218	Peas and Carrots
161	Broccoli
7	Milk



## FOOD FUNNY:

**Q: What kind of flowers do you never give on Valentine's Day?**  
**A: Cauliflowers**

**USDA Nondiscrimination Statement:**

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, audiotope, 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 Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](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

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

**USDA Nondiscrimination Statement (Spanish Translation)**

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service (Servicio Federal de Retransmisión) al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que esta disponible en línea en: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para Solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

(1) correo: 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; o

(3) correo electrónico: [program.intake@usda.com](mailto:program.intake@usda.com)

Esta institución es un proveedor que ofrece igualdad de oportunidades.