Scott County
School District Local Wellness Policy

MISSISSIPPI
DEPARTMENT OF EDUCATION
Ensuring a bright future for every child

2018-2019

Office of Healthy Schools
Local School Wellness Policy
(Originally developed May 2005, updated June 2018)

To support the relationship between student health and academic achievement, the 2014 Mississippi Public School Accountability Standards (Standard 17.5.1) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. This guide has been revised, as of June 2014, to support local schools in their development to meet state and federal requirements. The Office of Healthy Schools is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

The following minimum requirements are established by the federal legislation. This law places responsibility of developing a school wellness policy at the local level, so individual needs of each school can be addressed most effectively. States and schools may choose to require or add additional components. Specifically, the federal legislation requires:

- Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;
- Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
- Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;
- Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;
- Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.

To assist Mississippi schools in complying with these state and federal requirements, the Mississippi Department of Education (MDE) has identified a three-step approach to developing an effective local school wellness policy, along with sample language for a policy. This Local School Wellness Policy Guide for Development includes all the minimum requirements necessary to comply with the federal law, as well as existing Mississippi statutes and standards. It also offers additional policy options that schools are encouraged to utilize in developing their specific goals.
School Wellness Policy Guide

The purpose of this guide is to provide sample language for schools to use in developing their own local policies. It is based on existing state requirements and USDA guidance as of June 2013, and on the experiences of successful schools in Mississippi and around the United States.

This guide contains both minimum requirements and optional policy statements. **The minimum requirements, based on federal and state legislation and standards, must be included in any School Wellness Policy adopted by Mississippi schools.** Schools are encouraged to review the optional policy statements, based on the best practices from other schools, and to adopt those that meet the goals of their schools and communities.

*This guide is not intended for adoption in its entirety by schools, unless they so choose. It is intended for schools to use as a tool in drafting their own policies. With the exception of the minimum requirements, schools may choose to alter this guide, based on community input, to address local concerns and meet local needs.*

This eight-component model of a coordinated approach to school health, developed by the Centers for Disease Control and Prevention, depicts the importance of leadership, coordination, and partnerships to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed.
SCOTT COUNTY SCHOOL DISTRICT

Local School Wellness Policy

Rationale:
The link between health of students and learning is well documented. If children are to be successful in school they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, and more – can adversely affect not only a child’s health, but also his or her *ability to learn!* And that is precisely why a coordinated approach to school health can make a difference! A coordinated approach to school health improves kids’ health and their capacity to learn through the support of families, schools, and communities working together. At its very core, a coordinated approach to school health is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that *good health and learning go hand in hand.*

Goal:
All students in Scott County Schools shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Scott County Schools are encouraged to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

To meet this goal, the Scott School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Guidelines for Mississippi School Health Councils
1. School Health Councils must meet a minimum of three times per year. The Scott County School District’s Local Health Council has planned meetings for September 2018, November 2018 and March 2019. (anytime during each month)
2. School Health Councils must maintain minutes for each meeting for documentation.
3. The local school board will approve annually the school district’s wellness policies.

Commitment to Nutrition

Requirements:
The Scott County Schools will:
• Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
• Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.

• Promote participation in school meal programs to families and staff.

• Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).

• Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).

• Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.

• Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy 4011),
  
  □ Healthy food and beverage choices;
  □ Healthy food preparation;
  □ Marketing of healthy food choices to students, staff and parents;
  □ Food preparation ingredients and products;
  □ Minimum/maximum time allotted for students and staff lunch and breakfast;
  □ Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
  □ Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.
  □ AVOID ANY COMPETITIVE FOODS SALES ONE HOUR BEFORE STUDENT’S SCHEDULED MEALTIME (Ex. Staff cannot sell donuts, chocolate bars or any food an hour before and during breakfast or lunch)
  □ All food items must meet the Smart Snack Standards. See the Child Nutrition section of the school district’s website for the smart snack calculator.

• Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.

Policy statements:


• Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

• Replace deep fat fryers with combination oven steamers. Schedule recess before lunch, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.

• Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.

• Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
• Encourage adding nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concession stands at sporting and academic events, parties, celebrations, social events, and other school functions.  

• Avoid use of foods as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child’s selection of flavored milk at mealtime due to behavior problems). Also, do not use any type of physical activity as a means of punishment.  

• Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged. Alternative fundraising ideas can be downloaded at http://www.healthysd.gov/Documents/HealthyFundraisingIdeas.pdf

Commitment to Food Safe Schools

Requirements:  
The Scott County Schools will:  
• Implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school site. HACCP Principles for K-12 schools can be downloaded at: http://www.nfsmi.org/ResourcesOverview.aspx?ID=151  

• Develop a food safety education plan for all staff and students, consistent with Fight Bac® (www.fightbac.org) and other national standards for safe food handling at home and in school.  

• Ensure that all staff has viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video, Pre/Post Test and answer guide can be found at the following links: http://origin.k12.ms.us/Everyone/Food_Safety/Food_Safety_files/Default.htm, http://healthyschoolsms.org/ohs_main/documents/PreandPostFoodSafetyTest_000.doc, http://healthyschoolsms.org/ohs_main/documents/PreandPostTestAnswerGuide_000.doc  

• All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.  

• Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.  

• The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.  

Policy statements:  
• Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.
Commitment to Physical Activity/Physical Education

Requirements:
The Scott County School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference -2014 Mississippi Public Schools Accountability Standards 27.1.
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Require fitness testing for all 5th grade students.
- Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for physical education. (House Bill 432)
- Address concussions by adopting and implementing a policy for students in grades 7-12 who participate in activities sanctioned by the Mississippi High School Activities Association (MHSAA). This policy will include a concussion recognition course that has been endorsed by the Mississippi Department of Health. This course will provide information on the nature and risk of concussions for students participating in athletics. Also included in the policy, parents/guardians will be provided with a concussion policy before the start of regular school athletic season. (House Bill 48)

Links to resources to aid policy development and Office of Healthy Schools website
www.cdc.gov/concussion/HeadsUp/high_school.html#5
http://www.mde.k12.ms.us/healthy-schools

Policy statements:
- Encourage scheduling recess (or physical education) before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.movetolearnms.org
• Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
• Create opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Commitment to Comprehensive Health Education

Requirements:
The Scott County School will:
• Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
• Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
• Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.
• Instruction must be based on the Mississippi Contemporary Health for grades K-8.
• Implement the requirements of MS Code 37-13-171, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula.

Policy statements:
• Emphasize the disease prevention strand in the 2012 Mississippi Contemporary Health Education Curriculum.
• Provide Universal Precautions training to staff.

Commitment to a Healthy School Environment

Requirements:
The Scott County School will:
• Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
• Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
• Ensure that fire extinguishers are inspected each year and properly tagged.
• Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
• Conduct at least one emergency evacuation drill per month.
• Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
• Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
• Never use extension cords as a permanent source of electricity anywhere on a school
Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #29).

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy 7903)
- Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
- Conduct bus evacuation drills at least two times each year. (SB Policy 7904)

Provide facilities that meet the criteria of: (MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #29).

- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at [http://www.edi.msstate.edu/guidelines/design.php](http://www.edi.msstate.edu/guidelines/design.php))
- Provide air conditioning in all classrooms. Code §37-17-6(2) (2000).

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: [http://www.mde.k12.ms.us/safe-and-orderly-schools/school-safety](http://www.mde.k12.ms.us/safe-and-orderly-schools/school-safety)
- State Board Policy EBB (1990) prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code §37-11-18 (1996) requires any student who possesses a knife, a handgun, other firearm or any other instrument considered to be dangerous and capable of causing bodily harm or who commit a violent act on educational property be subject to automatic expulsion for one calendar year. The superintendent of the school is authorized to modify the period of time for expulsion on a case-by-case basis.

- Prohibits students from possessing tobacco on any educational property, Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus, grounds, athletic field, or other property used or operated during a school-related activity.
Policy statements:
The Scott County Schools will:
- Conduct self-assessments of the school building(s) annually prior to school opening.
- Conduct self-assessments of the school(s) bus transportation system annually prior to school opening.
- Install locks on classroom doors in order to create security from the inside.
- Complete a yearly comprehensive health and safety assessment of the school building and grounds and report to the superintendent and school board; using the Healthy SEAT Assessment Tool [http://www.epa.gov/schools/healthyseat/index.html](http://www.epa.gov/schools/healthyseat/index.html) or other applicable resources.
- Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems – [http://www.epa.gov/cleanschoolbus](http://www.epa.gov/cleanschoolbus).
- Hire a District Safety Officer or a School Resource Officer.
- Conduct random drug testing on students.
- Develop and implement a local communicable disease policy – [http://www.mde.k12.ms.us/healthy-schools/health-education-services](http://www.mde.k12.ms.us/healthy-schools/health-education-services) - Click on HIV Prevention.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school’s healthy and safe environment.

Commitment to Quality Health Services

Requirements:
The Scott County Schools will:
- Ensure all school nurses are working under the guidelines of the 2018 Mississippi School Nurse Procedures and Standards of Care.
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- Every child who has been diagnosed with asthma must have a School Asthma Plan on file in the school office.
- Know the district anaphylaxis policy. Providing training by a healthcare professional, preferably a school nurse, for the individuals that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)

Policy statements:
- The school nurse should attend at least one MDE sponsored training each school year.
- The school nurse should submit health services data on the 10th of each month for the previous month.
- Offer comprehensive health services for students in grades K-12, through the employment of
school nurses, as a means to academic success.

- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.

Commitment to Providing Counseling, Psychological and Social Services

Requirements:
The Scott County Schools will:
- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors and psychologists. The state does not have a policy specifically outlining the requirements for a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must: provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and scores a minimum of 70 on the ASWB basic exam.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standard 6).
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
  - Academic and personal/social counseling.
  - Student assessment and assessment counseling.
  - Career and educational counseling.
  - Individual and group counseling.
  - Crisis intervention and preventive counseling.
- Provide ALL school staff with suicide prevention training, utilizing the online training recommended by MDE, on hire of new employee and at least annually thereafter for ALL employees, as directed by MS Codes 37-3-101 and 37-3-103. The recommended
training for certified staff can be found at www.sptsusa.org and for classified staff
www.jasonfoundation.com."

- Referrals to community agencies.
- Educational consultations and collaborations with teachers, administrators, parents and
  community leaders.
- Education and career placement services.
- Follow-up counseling services.
- Conflict resolution.
- Other counseling duties or other duties as assigned by the school principal.

Policy statements:
- Offer quality counseling, psychological and social services provided by professionals such as certified
  school counselors, psychologists, and social workers.
- Provide additional services to improve students' mental, emotional, and social health.
- Offer counseling, group assessments, interventions and other mental health services, as well as
  referrals to community health professionals.
- Hire qualified counselors who will address the mental health, academic, and career needs of students
  in the school setting.

Commitment to Family and Community Involvement

Requirements:
The Scott County School will:
- Invite parents and community members to participate in school health planning by serving
  on the local School Health Council.

Policy statements:
- Invite family or community members to eat a meal at school.
- Invite family and community volunteers to lead physical activities for children, such as lunchtime
  walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.
- Develop homework assignments for students that involve family discussions about health topics
  and age-related health issues.
- Encourage regular family mealtimes that include healthy choices.
- Update parents on school health successes through monthly newsletters and/or email.
- Plan Healthy Rewards for students and encourage parents to do the same.

Commitment to Implementing a Quality Staff Wellness Program

Policy statements:
The Scott County School will:
- Make as a Requirement that all staff are aware of the Mississippi State and School Employees’
  Health Insurance Plan that has been enhanced to include My Active Health, a wellness and
  health promotion program designed to help individuals live a healthy lifestyle and increase their
- Promote health and reduce risk factors through professional and staff development
  programs, providing information flyers and newsletters, introducing incentives for
  participating in healthy practices and activities, and offering an employee assistance
  program.
• Encourage healthy weight programs for staff, such as Weight Watchers at Work Program®, http://www.weightwatchers.com
• Encourage after school health and fitness sessions for school staff.
• Coordinate Staff Wellness events and activities with state and national health observances throughout the year.

Commitment to Marketing a Healthy School Environment

Policy statements (must adopt a minimum of one policy as appropriate for local school goals):

The Scott County Schools will:
• Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
• Use school announcement systems, internal TV channels, school website, Facebook, text messaging and other social media to promote health messages to students and families.
• Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
• Involve students in the local school health council for planning and marketing school health messages throughout the school.
• Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
• Eliminate advertising or promoting unhealthy food choices on the school campus.
• Work with the local newspaper, TV and radio to promote healthy lifestyles and to highlight the benefits and successes of school health initiatives.
• Create awareness of the link between the health of students and academic performance.
• Prepare media releases that share successes to local newspapers.

Commitment to Implementation

Requirements:
The Scott County Schools will:
• Establish a plan for implementation of the school wellness policy.
• Designate one or more persons to insure that the school wellness policy is implemented as written.
• Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134).
• Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
• Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
Policy statements:

- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self assessment that identifies strengths and weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at
- www.mde.k12.ms.us/healthy-schools - Click on Resources

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