## SAMPLE COMPLAINT FORM

The purpose of this form is to assist you in filing a complaint with the [insert name of agency or organization]. You are not required to use this form; a letter with the same information is sufficient. However, the information requested in the items marked with a star (\*) must be provided, whether or not the form is used.

	State your name and address:
Address	
Telephoi	ne No.: Home: ( ) Work: ( )  Person(s) discriminated against, if different from above:
	reison(s) discriminated against, if different from above:
	ne No.: Home: ( ) Work: ( )
	Agency and department or program that discriminated:
	vidual if known:
Address:	
Telephor	ne No.: ( )

* Nonemployment: Does your complaint concern discrimination in the delivery of services or in other discriminatory actions in the department or agency in its treatment of you or others? If so, please indicate below the base(s) on which you believe these discriminatory actions were taken (e.g., "Race: African American" or "Sex: Female").
Race/Color:
National Origin: Sex:
National Origin: Sex: Religion:
Age:
Disability:
* Employment: Does your complaint concern discrimination in employment by the department or agency? If so, please indicate below the base(s) on which you believe these discriminatory actions were taken (e.g., "Race: African American" or "Sex: Female").
Race/Color:
National Origin:
Sex:
Religion:
Age: Disability:
What is the most convenient time and place for us to contact you about this complaint?
If we will not be able to reach you directly, you may wish to give us the name and phone number of a person who can tell us how to reach you and/or provide information about your complaint:  Name:
Tel. No.( )
If you have an attorney representing you concerning the matters raised in this complaint, please provide the following:  Name:
Address:
Telephone No.: ( )
7 *To your best recollection, on what date(s) did the alleged discrimination take place? Earliest date of discrimination:

Most recent date of discrimination:			
ago,	Complaints of discrimination must generally be filed within 180 days of the alleged discrimination. If the most recent date of discrimination, listed above, is more than 180 days ago, you may request a waiver of the filing requirement. If you wish to request a waiver, please explain why you waited until now to file your complaint.		
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perso	* Please explain as clearly as possible what happened, why you believe it happened, and you were discriminated against. Indicate who was involved. Be sure to include how other ons were treated differently from you. (Please use additional sheets if necessary and attach a of written materials pertaining to your case.)		

The laws we enforce prohibit recipients of Federal financial assistance from intimic or retaliating against anyone because he or she has either taken action or participated in act secure rights protected by these laws. If you believe that you have been retaliated against (separate from the discrimination alleged in #10), please explain the circumstances below. sure to explain what actions you took which you believe were the basis for the alleged retaliation.			
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## FNS INSTRUCTION 113-1 APPENDIX E

Please list below any persons (witnesses, fellow employees, supervisors, or others) if known, whom we may contact for additional information to support or clarify your complaint.		
Name:		
Address:		
Telephone No.: ( )		
Do you have any other information that you think is relevant to our investigation of your allegations?		
What remedy are you seeking for the alleged discrimination?		

Have you (or the person discriminated against) filed the same or any other complaints with other offices of the U.S. Government (including U.S. Department of Agriculture)?				
Yes No				
If so, do you remember the Complaint number?  Which agency and department or program was it filed with?				
Telephone Number ( )				
Date of Filing:				
Government Agency:				
Briefly describe the nature of the complaint:				
What was the result?				

Have you filed or do you intend to file a charge or complaint concerning the matters raised in this complaint with any of the following?
U.S. Equal Employment Opportunity Commission
Federal or State Court
Your State or local Human Relations/Rights Commission
Grievance or complaint office
16 If you have already filed a charge or complaint with an agency indicated in #15, above, please provide the following information (attach additional pages if necessary):
Agency:
Case or Docket Number:
Date of Trial/Hearing:
Location of Agency/Court.
Name of Investigator:
Status of Case:
Comments:
While it is not necessary for you to know about aid that the agency or institution you are filing against receives from the Federal government, if you know of any Food and Nutrition Service funds or assistance received by the program or department in which the alleged discrimination occurred, please provide that information below.

* We cannot accept a complaint if it has not been signed. Please sign and date this complaint form below.				
Signature	Date			
Please feel free to add additional sheets to explain the present situation to us.				
We will need your consent to disclose your name, if neces investigation. Therefore, we will need a signed Consent F complaint for a person whom you allege has been discriminstances need a signed Consent Form from that person.) Uses of Personal Information for information about the Cocompleted, signed Discrimination Complaint Form and the one copy of each for your records) to:	form from you. (If you are filing this inated against, we will in most See the Notice about Investigatory onsent Form. Please mail the			
United States Department of A Food & Nutrition Serv Civil Rights Division 3101 Park Center Drive, Ro Alexandria, VA 2230 (703) 305-2195	vice n pom 942			
18 How did you learn that you could file this complain	int?			

## COMPLAINANT CONSENT/RELEASE FORM

Your Name:		
Address:		
I have read the Notice of Intervice (FNS). As a complete may become necessary for investigation. I am also away Information Act. I understate personally identifying details my complaint. In addition, intimidation or retaliation for	vestigatory Uses of Personal Information by the USDA, Food and Nutrition ainant, I understand that in the course of a preliminary inquiry or investigation or FNS to reveal my identity to persons at the organization or institution under are of the obligations of FNS to honor requests under the Freedom of and that it might be necessary for FNS to disclose information, including als, which it has gathered as a part of its preliminary inquiry or investigation of I understand that as a complainant I am protected by Federal regulations from the property of the redeath of the participated in action to secure rights protected by the Federal government.	
	CONSENT/RELEASE	
Initial on line above if you give consent.	CONSENT GRANTED – I have read and understand the above information and authorize FNS to reveal my identity to persons at the organization or institution under investigation and to other Federal agencies that provide Federal financial assistance to the organization or institution or also have civil rights compliance oversight responsibilities that cover that organization or institution. I hereby authorize FNS to received material and information about me pertinent to the investigation of my complaint. This release includes, but is not limited to, applications, case files, personal records, and medical records. I understand that the material and information will be used for authorized civil rights compliance and enforcement activities. I further understand that I am not required toauthorize this release, and I do so voluntarily.	
Initial on the line above if you give consent.	and do not want FNS to reveal my identity to the organization or institution under investigation, or to review, receive copies of, or discuss material and consent information about me, pertinent to the investigation of my complaint. I understand that this is likely to make the investigation of my complaint and getting all the facts more difficult and, in some cases, impossible, and may result in the investigation being closed.	
Signature	Date	