

Parent/Caregiver Letter Regarding Dietary Concerns Guidelines for Teachers

As part of the **Nutrition Education Project** we will be encouraging students to eat a variety of foods. The tastings and cooking demonstrations will be mostly plant-based but may include foods which contain dairy products, eggs, sugar, salt chocolate, etc. We have created a letter that can voluntarily be sent to parents/guardians to help insure the health and safety for students in your class. Following are some suggested guidelines:

1. Send letter home 2 weeks before cooking or tasting, or at the beginning of the year, to allow time for letters to be returned.
2. Keep track of who returns a letter and highlight students who have food or dietary concerns.
3. Inform the Site Nutrition Coordinator of students' food or dietary concerns during pre-planning for a tasting or cooking demonstration.
4. The classroom teacher will be responsible for keeping the information and informing the Site Nutrition Coordinators.
5. When possible food substitutions or alternatives will be provided for students with dietary concerns.

Dear Families,

As part of the **Nutrition Education Project** we will be encouraging students to make healthier choices in the foods they eat. In the classroom we may be tasting a variety of fruits, nuts and vegetables and perhaps sampling foods which contain eggs, milk, cheese, sugar, salt, chocolate, etc. Because your child's health and safety is of utmost importance to us, we need to know if your child has **any food-related or dietary concerns**, such as food allergies, lactose intolerance or diabetes. Please return the following form to your child's teacher as soon as possible.

Thank you,

Site Nutrition Coordinator

Child's name _____

Child's Teacher _____ Classroom _____

- My child can eat anything!
- My child can not eat the following foods:

Parent/Caregiver's Signature _____ Date _____