



To: Parents of children attending Outdoor School Programs

Many children have special dietary needs due to various medical conditions, religious beliefs, or family preferences. The Outdoor School (ODS) programs try to meet the needs for each student. Parental support is sometimes needed to achieve this.

The meals at Outdoor School are well planned and nutritious. Most of the food is made from scratch, including baked items. White flour, eggs and yeast are used. Dinners always include a protein entrée, vegetables, a starch food and fruit. A vegetarian option is offered at every meal for those students who have been identified at the beginning of the week. The vegetarian option will sometimes include dairy products and eggs.

Food allergies are always a concern, especially with the rise of nut allergies in children. For this reason, the Outdoor School programs have become completely peanut free. **Peanuts, in any form, are not allowed.** As stated in other ODS material, candy, chips, or any snack foods are not allowed at Outdoor School. If a child brings snack foods or candy, the items will be removed and given to the teacher or discarded if the item contains peanuts. The only exception to the snack rule is in the case that a child has a documented medical reason such as diabetes or other food allergies. Again, these items cannot contain peanuts.

Children with food allergies or other medical needs may be asked to supplement food items depending on their needs. Since all of the breads, rolls and cookies are made with white wheat flour, children that are **gluten intolerant** may want to supply their own items in this category.

The site nurse or kitchen staff will keep the majority of the food/snacks in their areas unless previous arrangements have been made. Students will be shown the appropriate staff member for the things he/she needs.

If you have any questions at all, please feel free to call or e-mail me.

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