



## Dietary Restrictions

At NatureBridge, safety is our number one priority. NatureBridge, in coordination with our food vendors, strives to accommodate dietary restrictions whenever possible. Replacements of menu items due to restrictions may vary. Please carefully review the information below.

**Dietary Restrictions must appear on the Learning Group Lists. Restrictions not listed cannot be accommodated. NatureBridge is not able to accommodate all food restrictions.**

**NOTE: Sample menus may be provided to a Group Coordinator upon request. Menus with carbohydrate counts may also be available for diabetic participants.**

### Vegetarian, Vegan, No red meat/no pork, Dairy-free

We can accommodate these requests on their own or in combination. Include this information on the Learning Group Lists. Participants must identify themselves and their restriction(s) to the kitchen staff at each meal.

### Gluten-free

We can accommodate gluten-free requests on their own or in combination with vegetarian, vegan, no red meat/no pork, or dairy-free requests. Include this information on the Learning Group Lists. Please make a special note if the participant has Celiac Disease. Participants must identify themselves and their restriction(s) to the kitchen staff at each meal.

### Peanuts & Tree Nuts

While we have eliminated peanuts and peanut products from our menu, some of our food is prepackaged and we cannot guarantee it was not produced on machinery that also processes peanuts/nuts. Our campus cannot be considered nut-free, because we do not limit the food that is brought to our campus by participants.

### Soy, Corn, Eggs, etc.

We are able to make limited accommodations for participants with soy, corn, egg, or other restrictions on their own. When any of these restrictions are present in conjunction with another restriction, we may not be able to accommodate the participant.

### Sugar-free

We are not able to make special accommodations for no-sugar.

### Kosher & Halal

NatureBridge cannot provide Kosher & Halal meals. However, we can prepare vegetarian meals. Please indicate vegetarian meals on the Learning Group Lists.



## Shellfish Allergies

This information must appear on the Learning Group Lists. While we do not serve shellfish to our Environmental Science groups it may be served to other groups. In addition, Iodine is a shellfish-based substance that is occasionally used in the water purification process on trail.

## Severe Allergies

If you or your students have severe allergies, please make sure they are noted on the Learning Group Lists. All participants with severe allergies should carry their Epi-Pens with them at all times. Please note that NatureBridge education staff are all trained in administering Epi-Pens.

## Food Liaisons

Students with life-threatening food restrictions must be pre-assigned one adult from the school or group to be the student's food liaison. Because students eat lunch in their Learning Groups, the Food Liaison must be in the same Learning Group as the student. Please indicate on Learning Group List, who the liaison is. Food liaisons:

- Have received comprehensive information from parents/guardians concerning the student's restrictions.
- Remain consistent throughout the student's program (aka do not change throughout the program).
- Are responsible for the student during all meals and snack times ensuring that they are not eating foods containing restricted ingredients.
- Are ensuring that students are getting all of their questions/concerns addressed.
- Check in with students to make sure that they are getting enough to eat.

## Providing Your Own Food

Participants with severe dietary restrictions are welcome to bring their own food to supplement our meals. If you plan to bring supplementary meals please coordinate with Program Manager during your planning process. Due to cross-contamination concerns, outside food cannot be stored or prepared in our kitchen. Please bring ready to eat microwavable food that requires limited preparation. Outside food not containing nuts may be eaten in our dining hall.

Please note that field lunches are typically picked up at 9:00 A.M. and eaten on trail during the hiking day. If bringing/sending food, please be sure that lunches can be carried in a backpack for up to four hours and do not require any heating or added preparation.

Please clearly label all food with the participant's name, date, and school.

If you have additional concerns, please contact our office for more information.

**Questions about our food service can be addressed to Jim Serfass, Operations Manager, 703-634-9041 or [jserfass@naturebridge.org](mailto:jserfass@naturebridge.org)**