



Supplemental Food Guidelines

At ECOS Institute, we are pleased to help your child have a pleasant and healthy experience. If your child has special dietary needs (e.g., severe allergies, religious dietary preferences, dietary requirements for diabetics, or a medically prescribed diet), please follow these guidelines:

1. **At least 2 weeks in advance, CONTACT ECOS INSTITUTE DIRECTLY.**
Names and phone numbers are listed at the bottom of the page.
 - a. Provide specific information about your child's food restrictions.
 - b. The ECOS director will communicate this request to the kitchen.
 - c. The ECOS kitchen will provide necessary substitutions, mirroring the standard menu items, so as to not bring attention to a child's special diet.
 - d. You may request the menu for the week, to help your child prepare for the food that will be served. This menu is subject to change.
 - e. Upon arrival at ECOS, your child will be shown how they will receive their special plate from the service window. All food is served from the same window, so as to not bring attention to a child's special diet.
 - f. If the ECOS Director staff determines that the kitchen cannot accommodate a particular dietary need (very rare), you may be authorized to send supplemental food, to ensure that your child is eating well during their trip.

2. **If you are authorized to send supplemental food,** please consider the following:
 - a. Send food in a small, soft-sided cooler. (To ensure we can store in refrigerator).
 - b. The kitchen staff cannot prepare special meals using supplemental food sent by parents, per San Bernardino County Health Code.
 - c. In the dining hall, there is a very simple microwave, and a refrigerator for storage in between meals. Our staff will be glad to provide your child with the items you send, and instruct them in the use of the microwave, if necessary.
 - d. Food should be ready to eat (e.g., tuna, cottage cheese, crackers and cheese, protein drinks, granola bars, or items that can be microwaved).
 - e. Please send only healthy foods and snacks (no candy or chips).
 - f. Clearly label food container(s) with your child's name.
 - g. ECOS is a nut-free facility; please do not send any food containing nuts.

3. Give food to your child's teacher to load on the bus with the school medications.

4. Your items (soft-sided cooler, plastic containers, etc.) will be sent back to your school with your teachers.

Please contact the ECOS Director Staff if you have questions.

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