



## 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 prior to your child's arrival at ECOS Institute, SUBMIT ONLINE REQUEST** at [www.ecosinstitute.com/special-diet](http://www.ecosinstitute.com/special-diet).
  - a. All food served at ECOS Institute is nut-free.
  - b. Options are: vegetarian, pork-free, dairy-free, egg-free, and gluten-free. You will be able to choose only 1 of these options.
  - 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. 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.
  - e. If your child's food restrictions cannot be accommodated by one of the available special diet options, you can work with your school to arrange for supplemental food to be sent from home, to ensure that your child is eating well during their trip.
  
2. **IF YOUR SCHOOL AUTHORIZES YOU TO SEND SUPPLEMENTAL FOOD**, please adhere to the following guidelines:
  - a. Send food in a small, soft-sided cooler. (To ensure we can store in refrigerator).
  - b. Per San Bernardino County Health Code, the kitchen staff cannot prepare special meals using ingredients sent by parents.
  - c. In the dining hall, there is a refrigerator for storing perishable items in between meals, and a microwave to heat up items. Your school's teachers will assist your child with the supplemental food 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, nut-free granola bars, or items that can be microwaved).
  - e. You may request the menu for the week, to help you prepare and pack items that mirror the ECOS menu. Your teachers will receive this menu at least 1 week prior to the trip. This menu is subject to change.
  - f. Please send only healthy foods and snacks (no candy, chips, sugary cereals, etc.).
  - g. Clearly label food container(s) with your child's name.
  - h. 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.