

# Summer at First Parish Food Policy

## **Purpose:**

To ensure a safe, healthy, and welcoming environment for every child participating in our half-day Christian Summer Program, we ask all families to review and follow the food guidelines below. These policies help us protect children with allergies, maintain cleanliness, and support a smooth daily routine.

## **1. Parent/Guardian Responsibility**

The parent or legal guardian acknowledges and agrees to the following:

- You are responsible for providing any snacks your child may need during the program day.
- You will inform the program staff of all food allergies, dietary restrictions, or medical conditions related to food on the registration form.
- You will update the program director immediately if any new allergies or restrictions arise

## **2. Program-Provided Food**

- Our half-day program does not provide meals.

## **3. Snacks Brought From Home**

- No peanuts, tree nuts, or nut-based products are allowed.
- Please avoid snacks that are messy, require refrigeration, or need preparation.
- Snacks should be clearly labeled with the child's name.
- Children may not share food with one another.

Recommended options: fruit, crackers, pretzels, cheese sticks, yogurt tubes, granola bars (nut-free), etc.

## **4. Allergy Awareness**

We strive to maintain a safe environment for children with allergies:

- Parents of children with severe allergies may be asked to provide an EpiPen or other emergency medication, along with a completed medical authorization form.
- Staff will follow emergency procedures if an allergic reaction occurs.

## **5. Water & Hydration**

- Please send your child with a labeled water bottle each day.
- Water breaks will be provided throughout the program.
- Only water is permitted in classrooms unless otherwise approved for a specific activity.

## **6. Cleanliness & Stewardship**

As part of teaching responsibility and care for God's creation:

- Children will be encouraged to clean up after snack time.
- All food must remain in designated snack areas.
- Please avoid sending foods that stain or spill easily.

## **7. Parent/Guardian Acknowledgment**

A checkbox or signature on the registration form will state:

I have read and agree to the Summer Program Food Policy. I understand my responsibilities as the parent/guardian and have provided accurate information regarding my child's allergies and dietary needs.