



Purpose:

1. To provide clear direction to child care staff regarding full or partial food substitution.
2. To ensure that parents are fully aware of safe food handling and storage requirements when providing food substitutions.

Date Completed: _____ **Centre:** _____

Child's Name: _____ **Program:** (e.g, toddler) _____

Reason for Food Substitution **Please list some details about the reason for this request.**

- Allergies / Anaphylaxis risk _____
- Severe food sensitivities _____
- Religious beliefs or vegetarian diet _____
- Child dislikes food served; concerned about nutritional intake _____

Food Substitutions

- I will provide full food substitutions for all snacks and lunch. My child should not be served the food provided by Owl.
- I will provide partial food substitutions to replace the specified items served for lunch and/or snacks.
 - My child should not be served these specified items for which I am substituting.
 - Despite substitutions to ensure proper nutritional intake, please encourage my child to eat the specified items.

Marked Up Menus Required for Partial Substitutions

Parents: if you have selected partial food substitutions, the supervisor or assistant will provide you with copies of the current menus. Using a red pen, please do the following for each menu:

- Write your child's name and the date at the top of each menu.
- Cross out any foods that you will provide substitutions for.
- Initial the bottom of each day.
- Write a note at the bottom if you wish the staff to encourage your child to try the crossed out foods provided at the centre, despite your substitutions.
- Sign each menu in the bottom, right hand corner

Food Substitutions and Safe Food Handling / Storage

I agree to abide by the following requirement for food substitutions and the safe food handling and storage of them when providing any and all food substitutions:

- Food substitutions (on their own or in combination with food served at Owl) should meet the requirements in Canada's Food Guide.
- Food must not contain nuts, and preferably must not include a "may contain" warning if there is a child at risk for anaphylaxis in your child's room.
- All food substitutions should be placed in a proper lunch bag and include an ice pack to keep cold foods cold.
- Hot foods (e.g., soups) should be kept warm in a thermal container.
- Lunch bags should be clearly labeled with the child's name.
- Upon arriving at the centre, the lunch bag should be placed in the child's cubby until it is ready to be served.
- Owl is not able to refrigerate or heat up foods that are sent from home.

Parent's Name (print)

Parent's Signature

Date

FOR OFFICE USE ONLY:

Date received: _____

Marked up menus received and review with parent: Yes N/A

Start Date _____

Expiry Date _____

Supervisor's Signature