

## **Running River School's Food Questionnaire and Guidelines**

*Please answer the following questions so that we may best provide lunches for your child.*

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Does your child have any allergies? (these must have written documentation from a doctor included)

Are there foods your child will not eat (consistently)?

Are there foods you would prefer your child not eat and are there ever exceptions to this?

Is there any background information on your child's relationship to food that we need to know?

### **Running River Guidelines:**

As stated in the Parent Handbook, Running River provides a daily homemade, primarily organic lunch. Parents provide a fruit, and/or vegetable and drink (sugar free). Yogurt is also fine to send to school. We will post our menu monthly as well as send it out by email. If children have allergies to certain foods, we will do our best to provide alternatives (such as goat cheese or non-wheat breads and pastas). If your child has extensive allergies we will work with you to provide a nourishing lunch, but you may need to provide some of the ingredients. PLEASE DO NOT SEND ANY OTHER FOOD TO SCHOOL, as the children trade, or feel left out, or simply do not eat the wonderful meals provided. We have learned that children will learn to eat new foods or even foods they thought they didn't like, if it is cooked well, eaten with peers, and provided consistently. In addition, if other foods are not offered, except in agreed upon situations (a child NEVER eats tuna fish for example) we have found that if the children are hungry, they will try all kinds of foods and come to even love them! We do everything possible to make great, tasty, nourishing meals for the whole school, and feel it is a wonderful way to expand children's diets, keep lunches simple and nutritious, as well as to teach children the value of eating the same meals over and over, the way millions upon millions of people do all over the world. Please feel free at any time to talk to the Director about our Food Philosophy. And please feel free to stop by some time and eat with us!

