

# FOOD EXPERIENCE PERMISSION

I give permission for my child \_\_\_\_\_ to participate in food related activities.

## Please check one of the following:

My child DOES NOT have a food allergy or dietary restriction.

My child DOES have a food allergy or dietary restriction. He or she may participate, but may not eat or handle the following items (please list below)

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My child DOES have a food allergy or dietary restriction. He or she may not participate in activities.

## Food and Nutrition

### 1. Regarding choking hazard:

Foods that are associated with young children's choking incidents must not be served to children under 4 years of age; such as, but not limited to, whole/round hot dogs, popcorn, chips, pretzel nuggets, whole grapes, nuts, cheese cubes and any food that is of similar shape and size of the trachea/windpipe. Food for infants must be cut into pieces  $\frac{1}{4}$  inch or smaller, food for toddlers must be cut into pieces  $\frac{1}{2}$  inch or smaller to prevent choking.

2. If child is staying for lunch bunch, parents must send a healthy lunch.

3. Preschool will refrigerate all lunches.

4. If a parent fails to bring a lunch for a child, the preschool will provide one.

5. Child's name must be on lunch box.

I have received and will follow above guidelines.

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Parent's Signature

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Date