



Dietary Restrictions for Environmental Science Groups

At NatureBridge, safety is our number one priority. NatureBridge, in coordination with our food vendors, strives to accommodate dietary restrictions whenever possible. Replacements of menu items due to restrictions may vary. Please carefully review the information below.

Dietary Restrictions must appear on the Learning Group Lists and are shared via the registration forms. Restrictions not listed or not submitted before 3 weeks of programming may not be accommodated. NatureBridge is not able to accommodate all food restrictions.

Standard Weekly Menu

Our standard menu schedule is viewable at the following link: [WEEKLY MENU](#)

Please note: Menus or specific menu items may be different from those listed in any given week. Dietary Restrictions are accommodated, as explained below, at both campuses.

Vegetarian, Vegan, No red meat/no pork, Dairy-free

We can accommodate these requests on their own or in combination. Include this information on the Learning Group Lists. Participants must identify themselves and their restriction(s) to the kitchen staff at each meal.

Gluten-free

We can accommodate gluten-free requests on their own or in combination with vegetarian, no red meat/no pork, or dairy-free requests. Include this information on the Learning Group Lists. Please make a special note if the participant has Celiac Disease. Participants must identify themselves and their restriction(s) to the kitchen staff at each meal.

Peanuts & Tree Nuts

While we have eliminated peanuts and peanut products from our menu, some of our food is prepackaged, and we cannot guarantee it was not produced on machinery that also processes peanuts/nuts. Our campus cannot be considered nut-free because we do not limit the food that is brought to our campus by participants, although we do ask that no one brings items containing nuts.

Soy, Corn, Eggs, etc.

We are able to make limited accommodations for participants with soy, corn, egg, or other restrictions on their own. When any of these restrictions are present in conjunction with another restriction, we may not be able to accommodate the participant.

Halal

NatureBridge can provide Halal meat for meals upon request. Any requests must be made at least 4 weeks prior to the event and confirm



Kosher

NatureBridge cannot provide Kosher meals. However, we can prepare vegetarian meals. Please indicate vegetarian meals to the Operations Team.

Sugar-free

We are not able to make special accommodations for no sugar.

Shellfish Allergies

This information must appear on the Learning Group Lists. While we do not serve shellfish to our Environmental Science groups, it may be served to other groups on site. Our Intertidal Laboratory is home to living marine life, including various crustaceans, echinoderms, and mollusks, which may elicit a reaction in participants with a contact allergy.

Severe Allergies

If you or your students have severe allergies, please make sure they are noted on the Learning Group Lists. All participants with severe allergies should carry their Epi-Pens with them at all times. Please note that NatureBridge education staff are all certified Wilderness First Aid or Responders and are trained in administering Epi-Pens.

Food Liaisons

Students with life-threatening food restrictions must be pre-assigned one adult from the school or group to be the student's food liaison. Because students eat lunch in their Learning Groups, the Food Liaison must be in the same Learning Group as the student. Please indicate on the Learning Group List who the liaison is. Food liaisons:

- Have received comprehensive information from parents/guardians concerning the student's restrictions.
- Remain consistent throughout the student's program (aka, do not change throughout the program).
- Are responsible for the student during all meals and snack times, ensuring that they are not eating foods containing restricted ingredients.
- Ensure that students are getting all of their questions/concerns addressed.
- Check-in with students to make sure that they are getting enough to eat.

Providing Your Own Food

Participants with severe dietary restrictions are welcome to bring their own food to supplement our meals. If you plan to bring or send along supplementary meals, please coordinate with your school's coordinator and the Operations Manager during your planning process. Due to cross-contamination concerns, outside food cannot be stored or prepared in our kitchen. **Please bring ready-to-eat microwavable food that requires limited preparation.** There is a shared full-size fridge, freezer, and microwave available to chaperones to assist in food preparation if needed. Outside food not containing nuts may be eaten in our dining hall. Food must be stored in our kitchenette and is not able to be kept in the dorms with the participant.



Please note that field lunches are typically picked up at 9:00 A.M. and eaten on trail during the hiking day. If bringing/sending food, please be sure that lunches can be carried in a backpack for up to four hours and do not require any heating or added preparation.

Please clearly label all food with the participant's name, date, and school.

Contact Us

If you have additional concerns or questions about our food service, contact our Operations team at gogaoperationsmanager@naturebridge.org.