

## FOOD GUIDELINES

Gan Shalom is a Kosher and peanut-free Center. We also follow nutritional guidelines required by the Department of Human Services. For children enrolled in the full-day program, please bring a dairy or pareve<sup>1</sup> lunch using the following guidelines.

1. Lunch must contain one serving of each of the following food groups.
  - a. Meat alternative (protein)
  - b. Vegetable
  - c. 2<sup>nd</sup> Vegetable or Fruit
  - d. Grain/bread
  - e. Milk, fluid (provided by Gan Shalom)
2. Lunch items should be made with fresh ingredients or packaged foods with any one of the acceptable hechshers.<sup>2</sup> A partial acceptable list of hechshers is listed on the back of this page. Please consult [www.crcweb.org](http://www.crcweb.org) for more information about Kashrus<sup>3</sup>.
3. Lunch with perishable items should be brought in an insulated lunch bag with your child's name on it.

ACCEPTABLE LUNCH FOODS	UNACCEPTABLE LUNCH FOODS
<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Cottage cheese</li> <li>• Cheese sticks, slices or cubes</li> <li>• Yogurt</li> <li>• Soy-based products</li> <li>• Vegetables / Potatoes</li> <li>• Beans</li> <li>• Fruit</li> <li>• Sunbutter or soybutter</li> <li>• Fish such as Tuna, Tilapia, Salmon</li> <li>• Bread, Crackers, Cereal, Grains</li> <li>• Rice</li> <li>• Pasta</li> <li>• Condiments (mayonnaise, ketchup, mustard, relish, jelly, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanuts, peanut-butter or any peanut-based product</li> <li>• Meat (beef, pork, chicken)</li> <li>• Shelled fish (crab, shrimp, etc.)</li> <li>• Gelatin</li> <li>• Candy, Cake, anything chocolate</li> </ul>

### Partial List of Acceptable Hechshers



<sup>1</sup> Items prepared without meat, milk or their derivatives

<sup>2</sup> Kosher symbol

<sup>3</sup> Jewish dietary laws