

FEEDING THERAPY GROUPS

DIETARY GUIDELINES FOR FOOD ALLERGIES

After the first week of group, we will be asking families to bring a small amount of food for each group. This will be discussed in the parent group each week.

Some children who come to group have food allergies. You will be asked about any allergies your child has and you will be advised about other children's food allergies.

To prevent accidental exposure to a food that could cause an allergic reaction, PLEASE:

- **Bring foods in unopened packages with original packaging intact**
- **Bring whole fruits/vegetables that we can prepare in the group room**
- **Avoid foods that contain any ingredients that children in the group are allergic to**

To maintain proper food safety, PLEASE:

- Keep hot foods HOT
- Keep cold foods COLD
- Ensure that all foods are fresh and not past expiration dates!

THANK YOU for your consideration!

Any questions may be directed to the Feeding Team Coordinator at 858 966 1700 x225522.