



# Perishable Foods Waiver

## For Food Allergies and Medical Dietary Restrictions

**Good Shepherd Lutheran Preschool**

Accredited by the Maryland State Department of Education

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Dear Parents/Guardians of Students with Food Allergies and Restrictions,

The items listed below are served during the year in addition to the items normally maintained in the Good Shepherd Lutheran Preschool snack cabinet. By completing this form, you inform the GSLP staff which items cannot be eaten by your child due to medical dietary restrictions.

All non-cooked food items will be prepared at school where staff can ensure there will be no cross-contamination during the cleaning and cutting process. The ranch dressing and the sunflower seed butter are available in the Preschool Office if you wish to read the ingredients label.

Please check (✓) the items that your child **CANNOT** consume due to dietary restriction, allergy, or other medical condition. **Do not check items simply because your child does not normally like those foods.**

Child's Name: \_\_\_\_\_ Class Number: \_\_\_\_\_

☐ My child can consume **ALL** of the items listed below. (*Do not check (✓) any of the listed foods.*)

☐ My child **CANNOT** consume the following checked (✓) food items:

### Fruit:

\_\_\_\_ Apples  
\_\_\_\_ Apple juice  
\_\_\_\_ Blueberries  
\_\_\_\_ Cantaloupe  
\_\_\_\_ Clementines  
\_\_\_\_ Grapes  
\_\_\_\_ Grape juice  
\_\_\_\_ Honeydew  
\_\_\_\_ Oranges  
\_\_\_\_ Strawberries  
\_\_\_\_ Watermelon

### Vegetables:

\_\_\_\_ Broccoli  
\_\_\_\_ Carrots  
\_\_\_\_ Cauliflower  
\_\_\_\_ Celery  
\_\_\_\_ Cucumbers  
\_\_\_\_ Green beans  
\_\_\_\_ Jicama  
\_\_\_\_ Sugar snap peas  
\_\_\_\_ Green and red bell peppers  
\_\_\_\_ Tomatoes  
\_\_\_\_ Zucchini

### Other:

\_\_\_\_ Lowfat milk  
\_\_\_\_ Cheese slices or chunks  
\_\_\_\_ String cheese  
\_\_\_\_ Hidden Valley Ranch or Light Ranch Dressing  
\_\_\_\_ Trader Joe's sunflower seed butter

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date