



# Snack and Cooking Project Permissions

## For Food Allergies and Medical Dietary Restrictions

**Good Shepherd Lutheran Preschool**

Accredited by the Maryland State Department of Education

16420 S. Westland Dr.

Gaithersburg, Maryland 20877

Phone: 301-963-1955

Fax: 301-869-8126

Email: [gspreschool@outlook.com](mailto:gspreschool@outlook.com)

Website: [www.gslp-gaithersburg.org](http://www.gslp-gaithersburg.org)

Dear Parent/Legal Guardian of Student with Food Allergies,

You have indicated that your child has a food allergy. GSLP is committed to keeping children with food allergies safe. This requires a joint effort between parents/legal guardians and the Preschool. We will serve your child only those foods that you have authorized us to give your child.

Please note: **GSLP is a peanut-free and nut-free school.** The Preschool makes every effort to evaluate foods purchased by the school for serving in classrooms for nuts, peanuts, and possible cross-contamination with nuts or peanuts.

Please select one (1) option below that best fits how you would like to authorize which foods are served to your child at school.

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

\_\_\_\_\_ **Limited Waiver (This option may work for children with nut/peanut allergies or mild restrictions.)**

- I authorize GSLP to serve my child any of the snacks normally kept in the snack cabinet in the Preschool Office.
- I will fill out a Perishable Foods Waiver to specify which items from the snack refrigerator may be served to my child.
- I will evaluate any special snacks or cooking project ingredients throughout the year and sign a separate permission slip for each special snack or cooking project ingredient served to my child at GSLP during school hours.

\_\_\_\_\_ **Stickering (This is the best option for any child with a particularly severe food allergy.)**

- I will place a GSLP-provided sticker with my child's name, class, and restrictions on every item in the GSLP snack cabinet and refrigerator that my child is allowed to eat. My child will not be served anything that does not have his/her sticker, even if the packaging appears the same. *Please plan to sticker new snack packages one to two times a month.*
- I will fill out a Perishable Foods Waiver to specify which items not routinely in the snack refrigerator may be served to my child.
- I will evaluate any special snacks or cooking project ingredients throughout the year and sign a separate permission slip for each special snack or cooking project ingredient served to my child at GSLP during school hours.

\_\_\_\_\_ **Full Waiver (This option may work for children with mild restrictions.)**

- I authorize GSLP to serve my child any food purchased by the Preschool, including special snacks and ingredients for class cooking projects.
- I will *not* receive a separate permission slip for any new foods.

\_\_\_\_\_ **Provide Own Food (This is the best option for any child with multiple severe food allergies.)**

- I will provide all food served to my child at GSLP, including lunches, beverages (excluding water), and snacks.

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

\_\_\_\_\_  
Date