



### BBYO Passport – Dietary Restrictions Commitment

You are receiving this message because you have indicated on your health forms that your teen has a dietary restriction. BBYO Passport is committed to giving every teen a meaningful and safe experience. We realize that dietary restrictions are a serious matter and have outlined guidelines below that we ask staff, teens and parents to review.

At BBYO Passport, we are always striving to be as transparent as possible about the steps we can take in regard to food restrictions. We hope that in doing this we can count on your cooperation and understanding about situations that are at times beyond our control. This cooperation will allow us to quickly ensure that your teen has a wonderful experience on our program. We appreciate the partnership of teens and their parents to ensure that teens have the ability to stay nourished, healthy and happy.

Please consider that due to the nature of the program, eating regularly is important. It is also important to remember that unlike a school or camp, we do not have control over the kitchen facilities being used on our programs.

#### **Our commitment to you is that the BBYO Passport office will:**

- a. Call ahead to our hotels and food suppliers to alert them of any dietary restrictions a teen may have.
- b. When available and food is being served, request special meals during air travel (special meals will not be Kosher, unless on EL AL).
- c. Train staff, tour guides, and operators to act as partners and resources for our teens.

**As an organization BBYO Passport will do everything in its power to reasonably accommodate the dietary needs of its participants.**

#### **Our BBYO Passport trip staff is committed when asked by teens to:**

- a. Help identify and find foods that meet their dietary restrictions.
- b. When scheduling allows, the group will stop at a local supermarket or convenience store so that teens can purchase foods that meet their dietary needs for snack and times when accommodations are not suitable.
- c. Depending on the severity, sensitize other teens to the dietary restriction. This will reduce the presence of the allergen in common spaces.

**BBYO Passport teens are asked to:**

- a. Ensure that their allergy/intolerance is identified in their registration account.
- b. Prior to communicating with their parents or our North American office, express any concerns they have to the staff who are present on their program. They are best equipped to quickly address and resolve any issues.
- c. Be flexible and understand that options that fit their dietary restrictions may not be identical to options available for the rest of the group

As we are traveling to other countries, food norms may not be the same as we might be accustomed in the US or from home to home. While we do our best to accommodate for taste, it is not always possible. In certain situations, we are able, we will make special arrangements with kitchen staff, however other times we ask that teens understand that their options may be limited and they may not enjoy this option. Which is why we encourage your teen to travel with some protein based snacks to provide nourishment until we can stop and get them another option.

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We rely on the cooperation of teens to ensure that we can find solutions for different situations that may arise. As such, we ask that teens thoughtfully express what their concerns or dislikes are. For example:

How you feel:	Recommendation:
If you don't like something	"This is something I wouldn't normally eat at home. Can you help me see if there are other options? Foods that I like are: _____"
If you don't trust the situation	"I'm worried that there has been cross contamination. Can you help me speak to someone to see if it is possible to get food directly from the kitchen?"
Not comfortable eating	your dietary restrictions. They will be happy to ensure that a meal is provided if one wasn't ready ahead of time.

**BBYO Passport parents are encouraged to:**

- a. If you receive a call from your child who is concerned about their meal options/food security, we would ask that you ask your teen to speak directly to a staff member present. They are best equipped to quickly and efficiently resolve the concern.

- b. We do not provide parents with our staff phone numbers, so our staff can stay fully present on the program. You will receive staff names to help communicate with your child. We recommend using direct requests by using their name. Using names helps empower your child to communicate with the staff they have the closest relationship.
- c. Use Google translate to create allergy cards for your child stating “I am allergic to\_\_\_\_\_” in the native language of the country or countries your child will be visiting.

We hope that the tools provided in this document will be helpful for your teen. Please make sure to review it together and contact us if you have any questions.