Warrior Name:_____

Dietary Restrictions

Please indicate any dietary restrictions:

□ Vegetarian □ Vegan □ Kosher □ Gluten Free

□ Other: _____

Food Allergies:

□ Egg □ Fish □ Milk/Dairy □ Nut (RFCC is a nut free zone)

□ Low Sodium □ Food Dye

□ Other: _____

Opportunity Knocks Meals

Each program day, Opportunity Knocks, Inc. (hereinafter referred to "Opportunity Knocks" or "OK") serves healthy snacks (After Opps) and lunch (Life Shop). To the best of our ability, meals will be served based on the United States Department of Agriculture healthy eating guidelines outline in MyPlate. Warriors that choose not to eat the provided snack/meal will not be provided alternative options (unless dietary restrictions apply) - families will be notified if a Warrior opts out of eating.

Snacks and Beverages

Healthy snacks are provided during program hours. We ask that families **do NOT send in outside food/drink,** unless otherwise approved, in advance, by Opportunity Knocks. Water is the only beverage approved for program hours - it is available for Warriors during the entire program.

Healthy Celebrations

Birthday parties and holiday celebrations at Opportunity Knocks provide a unique opportunity to make healthy eating fun and exciting to students. The Opportunity Knocks' policy limits the use of processed foods or foods high in sugar/fat for celebrations. Specifically, the policy sets the following standards:

- Each Opportunity Knocks Program allows up to two celebrations without food restrictions (fundraising/appreciation events excluded).
- Program celebrations will focus on fun, not food.

Popular celebration ideas include:

- Creating a crown, badge or sash for your Warrior to wear on his/her birthday
- Celebrating special days with a festive dance party
- Take a field trip to a local farmer's market where Warriors can meet farmers and learn about local fruits and vegetables.

Healthy Rewards

- Food may not be withheld from any Warrior for any reason.
- Food is not permitted to be used as a reward (incentives offered to Warriors in recognition of good behavior or performance).

Warrior Signature:_____   Date: _____

Family/Guardian Signature:_____   Date: _____