



## **Westborough ASP Food Policy**

Westborough ASP strives to ensure a safe and productive working environment for all our volunteers. It is important that everyone have access to food that meets their specific nutritional and dietary needs. At the same time, it is important to recognize both that we have a large group with a variety of dietary requirements and preferences, and that we don't control the facilities and food options that will be available to us on the trip. Accordingly, if you (or your child) are volunteering with us and have special dietary needs, you need to take responsibility for making sure that those needs are met effectively, both at ASP preparatory events and during the week of service. This may require some planning on your part. Please let the group leaders know well in advance of any questions or issues, so we don't have last-minute surprises.

### **Food During Preparatory Events**

- For events like the Rock-a-thon and the Prep Retreat where food is provided by Westborough ASP, regular meals and snacks with a vegetarian and a gluten free option will be available.
- Quantities will be based on the number of people who have indicated a need for these options in our online registration. If you did not so indicate, please don't take this food.
- If your diet requires additional foods, you must provide and prepare any additional food necessary for those events.
- Special food must be packed prior to the event. There will be no opportunity for shopping or dining out during ASP events.
- Refrigeration and storage/prep space separate from the main group's food can be provided as needed.

### **Food During the Trip**

- ASP provides very simple meals and snacks, with regular and vegetarian options only. As above, vegetarian food will only be provided for those who have indicated a need for it.
- ASP guarantees both refrigerated and non-refrigerated storage for volunteer-provided food, and a peanut free food preparation area.
- Westborough ASP does not control the kitchen or staff. Those are ASP-provided, and vary widely between ASP centers. We will not have any detailed information about them until roughly one week before the trip. We will share what information we receive when we receive it. Specifically,
  - We cannot guarantee access to cooking facilities
  - We cannot guarantee particular food sources in the community. Food stores in Appalachia provide limited specialty food. In remote areas, we often have limited time available.
- Therefore, if your diet requires additional food sources you and/or your family MUST pack it in the vans Friday night before we leave for Appalachia, and you must take responsibility for any needed preparation. We will have coolers that can be used in the vans, but bring your own ice. Note that our coolers are not allergen free.
- Note that (other than the designated food prep area) we cannot in general guarantee a peanut-free environment on the trip, in the vans, ASP centers or the homes in which we work.