



"Healthier Communities start with Education"

Dear Parents,

On **November 27th, December 4th, and December 5th** we will be having an engaging food discovery workshop by FoodImpact Inc. where students will dive into the topic of food, nutrition, decision making, and food transformation. During the presentation, we will be making fruit and yogurt parfaits as our hands-on component with basic food preparation skills such as sorting, cutting (plastic), measuring, and mixing.

The ingredients are as follows:

- Vanilla yogurt (gelatin free)
- Seasonal Fruit
- Oats
- Wowbutter
- Chia seeds
- Hemp hearts
- Honey
- Water

All ingredients are nut-free and gluten-free. If gluten is an issue, please advise if your health practitioner diagnoses your child with Celiac or if your child has gluten intolerance, as there may be cross contamination of flour by the oat supplier. For specific product labels, please contact me directly.

We ask that you provide information on any food allergies that your child may have. FoodImpact will not be responsible for any allergic reactions that your child may have to the above-mentioned ingredients.

As always, we will continue to ensure the health and safety of students and staff by taking precautionary sanitation procedures and thorough hand washing.

If you have any concerns, please contact Jamie Gervais-Rietveld at the below contact information.

We know that the children will benefit from this presentation as we work towards the practice of informed food choices!

Thank you.

Jamie Gervais-Rietveld, B.Sc. Nutrition and Food Sciences

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Please send this signed form with your child before November 27th, 2023.

-----Please fill out and return-----

- ☐ I acknowledge that FoodImpact is not liable for any allergic reactions that your child may have.
- ☐ I understand that my child will be making and eating a healthy snack at school as a part of the nutrition presentation.

Student Name: _____

Teacher: _____

Allergies or dietary restrictions: _____

Parent signature and print name: _____

Date: _____

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