



# VBS - 2010

## Form about food-allergies

---

Dear Parents ...

... we need your help!

**We are concerned about the health of your kid(s).  
Please let us know, if your child(ren) has/have any  
food-allergies by completing the form below.  
(Please fill out ONE FORM FOR EACH CHILD)**

**In case your child(ren) has/have any allergies,  
we listed all the ingredients of the snacks which  
we will serve during the week.**

**We are happy that we are able to provide you  
with some alternatives. Please ask the VBS-2010 team  
for the ingredients-list and mark what your child can eat.**

**Thanks a lot.**

Name of the child: \_\_\_\_\_

Age: \_\_\_\_\_

Group: (please circle)      0 - 5      6 - 8      8 - 10      10 - 12

Does your child have any food-allergies? (please circle)

**YES**

**NO**

If yes, what kind of food-allergies does your child have?

---

Please choose what list your child can eat from.

Regular

Alternative

Is there anything from this list your child can not eat?

\_\_\_\_\_

signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Please Mail ONLY this page with Registration form, Thank you.

## Day 1: Flat bread and self-made hummus

regular ingredients	alternative ingredients
<p><b>FLAT BREAD - Pitas (Meijer)</b></p> <ul style="list-style-type: none"> <li>o enriched wheat flour (flour, barley malt,</li> <li>o niacin, iron, thiamine mononitrate, riboflavin)</li> <li>o water</li> <li>contains 2% or less of the following:</li> <li>o yeast, salt, calcium propionate</li> </ul> <p><b>HUMMUS (WildGarden)</b></p> <ul style="list-style-type: none"> <li>o chick peas</li> <li>o Tahini</li> <li>o water</li> <li>o sea salt</li> <li>o natural prices</li> <li>o citric acid</li> </ul>	<p><b>RICE CAKES: Lundberg</b></p> <p><b>whole grain brown rice cakes</b></p> <ul style="list-style-type: none"> <li>o eco-farmende whole grain brown rice</li> <li>o sea salt</li> </ul>

## Day 2: Vegi's with dip

regular ingredients	alternative ingredients
<p><b>VEGGIES: carrots, celery, cucumber</b></p> <p><b>RANCH DRESSING: Hidden Valley</b></p> <ul style="list-style-type: none"> <li>o soybean oil</li> <li>o water</li> <li>o egg yolk</li> <li>o sugar</li> <li>o salt</li> <li>o cultured nonfat buttermilk</li> <li>o natural flavors (soy)</li> <li>o spices</li> <li>o less than 1% of: dried garlic, dried onion vinegar, phosphoric acid, xantham gum, modified food starch, monosodium glutamate, artificial flavors, disodium phosphate, sorbic acid and calcium disodium EDTA as preservatives, disodium inosinate and disodium guanylate</li> </ul>	<p><b>VEGGIES: carrots, celery, cucumber</b></p> <p><b>RANCH DRESSING: Walden Farms (glutenfree)</b></p> <ul style="list-style-type: none"> <li>o triple filtered purified water</li> <li>o white vinegar</li> <li>o cellulose gel</li> <li>o salt</li> <li>o natural flavors</li> <li>o onion powder</li> <li>o garlic powder</li> <li>o sour cream flavoring (non-dairy)</li> <li>o lemon juice</li> <li>o white pepper</li> <li>o xanthiam gum</li> <li>o latic acid</li> <li>o parsley</li> <li>o cayenne pepper</li> <li>o food color</li> <li>o sucralose</li> </ul>

## Day 3: Garlic bread

regular ingredients	alternative ingredients
<p><b>Zesty Garlic Bread (Cole's)</b></p> <p>Bread:</p> <ul style="list-style-type: none"> <li>o enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid)</li> <li>o water</li> <li>o dextrose</li> <li>o interesterified soybean oil</li> <li>o salt</li> <li>o yeast</li> <li>o dough conditioners (wheat flour, soy flour, dextrose, DATEM, mono &amp; diglyderides, calcium salts, asorbic acid, azodicarbonamide, L-cysteine, fungal amylase)</li> <li>o mono &amp; diglyderides</li> </ul> <p>Spread:</p> <ul style="list-style-type: none"> <li>o Interesterified soybean oil</li> <li>o water</li> <li>o butter (cream, salt)</li> <li>o garlic powder</li> <li>o salt</li> <li>o garlic pepper blend (garlic, black pepper, salt, brown sugar, onion, sweet bell pepper, parsley, garlic oil)</li> <li>o onion powder</li> <li>o mono diglyderide</li> <li>o natural butter flavor</li> <li>o annatto</li> </ul>	<p><b>RICE CAKES: Lundberg</b></p> <p><b>whole grain brown rice cakes</b></p> <ul style="list-style-type: none"> <li>o eco-farmende whole grain brwon rice</li> <li>o sea salt</li> </ul> <p><b>HUMMUS (WildGarden)</b></p> <ul style="list-style-type: none"> <li>o chick peas</li> <li>o Tahini</li> <li>o water</li> <li>o sea salt</li> <li>o natural prices</li> <li>o citric acid</li> </ul>

## Day 4: Fruits and pomegrate juice (dates)

regular ingredients	alternative ingredients
<p><b>FRUITS: melons, grapes (dates)</b></p> <p><b>Pomegranate juice (Old Orchard)</b></p> <ul style="list-style-type: none"> <li>o 100 % Pomegranate juice from concentrate (filterd water, pomegranate juice concentrate)</li> <li>o natural flavors</li> <li>o ascorbic adic (vitamin c)</li> <li>o vitamin E acetate</li> </ul>	

# Day 5: Trail Mix

regular ingredients	alternative ingredients
<p><b>DRIED FRUITS</b></p> <p><b>CEREALS: Kashi</b>  <b>Go Lean Crunch, Protein &amp; High Fiber</b></p> <ul style="list-style-type: none"> <li>o Kashi Seven Whole Grains and Sesame Cereal (Whole: Oats, Long Grain Brown Rice, Rye, Hard Red Winter Wheat, Triticale, Buckwheat, Barley, Sesame Seed)</li> <li>o textured soy protein concentrate</li> <li>o evaporated cane juice</li> <li>o brown rice syrup</li> <li>o chicory root fiber (inulin)</li> <li>o whole grain oats</li> <li>o Kashi Seven Whole Grains and Sesame Flour (Whole: Oats, Long Grain Brown Rice, Rye, Hard Red Winter Wheat, Triticale, Buckwheat, Barley, Sesame Seed)</li> <li>o expeller pressed canola oil</li> <li>o honey, salt, cinnamon</li> <li>o mixed tocopherols (natural vitamin E)</li> </ul> <p><b>PREZELS: Market Pantry</b>  <b>Pretzels Mini Twists</b></p> <ul style="list-style-type: none"> <li>o enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid)</li> <li>o corn syrup</li> <li>o malt extract</li> <li>o salt</li> <li>o yeast</li> <li>o corn oil</li> <li>o sodium bicarbonate</li> </ul> <p><b>CHOCOLATE CHIPS: Meijer</b>  <b>Real Semi-Sweet Chocolate Chips</b></p> <ul style="list-style-type: none"> <li>o sugar, chocolate liquor, cocoa butter</li> <li>o butterfat (milk)</li> <li>o soy lecithin added as an emulsifier, vanilla</li> </ul>	<p><b>PREZELS: Wylde Pretzels</b>  <b>(free of wheat, gluten, milk, egg and soy)</b></p> <ul style="list-style-type: none"> <li>o potato flour, corn starch, rice flour</li> <li>o organic plum fruit oil</li> <li>o hi maize corn starch, corn glucose</li> <li>o Ener-G Baking Powder (Sodium Pyrophosphate, Sodium Bicarbonate, Potato Starch and Monocalcium Phosphate)</li> <li>o Cellulose Gum, Bamboo Fiber</li> <li>o Salt, yeast may contain traces of sesame or poppy seeds</li> </ul> <p><b>OR: Newman's Own Organics</b>  <b>Thin stick pretzels</b></p> <ul style="list-style-type: none"> <li>o organic unbleached wheat flour</li> <li>o organic brown rice syrup</li> <li>o organic sunflower oil</li> <li>o salt, yeast, soda</li> </ul> <p><b>CHOCOLATE CHIPS: Enjoy Life</b>  <b>Semi-Sweet chocolate chips</b>  <b>(dairy, soy and gluten free)</b></p> <ul style="list-style-type: none"> <li>o evaporated cane juice</li> <li>o chocolate liquor</li> <li>o non-dairy cocoa butter</li> </ul>