

# SPANISH STAR

Educational Trips to Barcelona  
Calle Jardí 3  
08800 Vilanova i La Geltru  
Barcelona, Spain  
email: spanishstartrips@aol.com

## Dietary Requirements

Under Spanish Health & Safety laws it is obligatory that we have specific details of any Special Dietary Requirements at least 2 weeks prior to the Trip.

**Please Note:** The Law does not take into consideration 'Fussy Eaters'

All food on this trip will be low-fat, low-salt and low-sugar. We will work with our chef to accommodate other dietary needs. Please check the appropriate box or boxes if you have a food allergy or special dietary restriction we should know about.

- |   |   |
|---|---|
| <input type="checkbox"/> Nut allergy (Please Specify) | <input type="checkbox"/> Other food allergy: **     |
| <input type="checkbox"/> Gluten-free diet required    | <input type="checkbox"/> Lactose-free diet required |
| <input type="checkbox"/> Vegetarian diet required     | <input type="checkbox"/> Vegan diet required        |

\*\* Other: Specify: .....

If you find out that one of your students has a food allergy or is Celiac, do not make any assumptions: The parent/Guardian of the student **must** complete and sign this form.

## Definitions

**Nut allergy:** Please specify the nut/s & severity of the allergy: Airborne, etc.

**Gluten-free diet:** no foods with gluten.

**Lactose-free diet:** no milk or milk products, including butter, cheese and yogurt.

**Vegetarian:** no poultry, meat or meat products. (Some vegetarians eat fish and seafood; some do not. You may wish to clarify this in 'Can eat space below')

**Vegan:** no animal products, including meat, poultry, seafood, eggs, honey, milk and other dairy products.

**Please write a list of specific foods that your child 'CANNOT EAT'**

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**Please write a list of specific foods that your child 'CAN EAT'**

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Name of Student or Teacher .....

Name of Parent/Guardian.....

Signed by Parent/Guardian/Teacher.....