

Menu Audit Activity

One strategy to ensure that children and youth are not exposed to foods that could potentially be harmful to them is to conduct a program audit of menus for children with allergies. Review your files to ascertain all allergies that exist in your program. Check classroom practices on how the food issues are being handled. Then answer the following questions. Note that you can conduct a similar audit to ensure your program meets families' religious and cultural food restrictions.

	Yes	No	How could the system be improved?
Were the children given substitutions?			
Were the substitutions offered in a way for the children to feel included rather than excluded throughout the process?			
Were classroom staff and meal preparation staff informed of the substitutions?			
Was confidentiality maintained?			