

## **BBYO Passport Dietary Restriction Commitment**

BBYO Passport is committed to giving every teen a meaningful and safe experience. We realize that dietary restrictions are a serious matter and have outlined guidelines below that we ask staff, teens, and parents to review.

At BBYO Passport, we are always striving to be as transparent as possible about the steps we can take regarding food restrictions. We hope that in doing this, we can count on your cooperation and understanding about situations that are—at times—beyond our control. This cooperation will allow us to quickly ensure that your teen has a wonderful experience on our program. We appreciate the partnership of teens and their parents to ensure that teens can stay nourished, healthy, and happy.

Please consider that, due to the nature of the program, eating regularly is important. It is also important to remember that, unlike a school or camp, we do not have control over the kitchen facilities being used on our programs.

### **Our food policy:**

1. We do not restrict teens from eating the food of their choice when a choice is available.
2. When a meal is served in a public buffet format, we will ensure that there are vegetarian or pescatarian options available, but we will not restrict teens from eating the food of their choice.
3. Some meals will be provided according to an allowance system—which we call “pizur”—whereby teens will be given cash to purchase the food of their choice. Such meals are typically arranged in an area where there are multiple restaurant options.
4. In situations where time is of the essence, staff may choose to facilitate meal orders on behalf of teens using their “pizur” funds, and we will not restrict teens from ordering the food of their choice.
5. When we eat at non-kosher restaurants with a pre-ordered menu, the options will only consist of vegetarian or pescatarian dishes. Teens cannot order a different meal off the menu; they can only eat from the pre-arranged options.

### **Our commitment to you is that the BBYO Passport office will:**

1. Call ahead to our hotels and food suppliers to alert them of any dietary restrictions a teen may have.
2. When available and the food is being served, request special meals during air travel (special meals will not be Kosher, unless on EL AL).
3. Train staff, tour guides, and operators to act as partners and resources for our teens.

As an organization, BBYO Passport will do everything in its power to reasonably accommodate the dietary needs of its participants.

**Our BBYO Passport trip staff is committed when asked by teens to:**

1. Help identify and find foods that meet their dietary restrictions.
2. When scheduling allows, the group will stop at a local supermarket or convenience store so that teens can purchase foods that meet their dietary needs for snack and times when accommodations are not suitable. Depending on the severity, sensitize other teens to the dietary restriction. This will reduce the presence of the allergen in common spaces.

**BBYO Passport teens are asked to:**

1. Ensure that their allergy/intolerance is identified in their registration account.
2. Prior to communicating with their parents or our North American office, express any concerns they have to the staff who are present on their program. They are best equipped to quickly address and resolve any issues.
3. Be flexible and understand that options that fit their dietary restrictions may not be identical to options available for the rest of the group.

As we are traveling to other countries, food norms may not be the same as we might be accustomed in the U.S. or from home to home. While we do our best to accommodate for taste, it is not always possible. In certain situations—when we are able—we will make special arrangements with kitchen staff. However, all other times we ask that teens understand that their options may be limited, and they may not enjoy this option. This is why we encourage your teen to travel with some protein-based snacks to provide nourishment until we can stop and get them another option.

We rely on the cooperation of teens to ensure that we can find solutions for different situations that may arise. As such, we ask that teens thoughtfully express what their concerns or dislikes are. For example:

How you feel:	Recommendation:
If you don't like something	"This is something I wouldn't normally eat at home. Can you help me see if there are other options? Foods that I like are: _____"
If you don't trust the situation	"I'm worried that there has been cross-contamination. Can you help me speak to someone to see if it is possible to get food directly from the kitchen?"
If you are not comfortable eating	Telling your staff that you don't see any options that meet your dietary restrictions. They will be happy to ensure that a meal is provided if one wasn't ready ahead of time.

**BBYO Passport parents are encouraged to:**

1. If you receive a call from your teen who is concerned about their meal options/food security, we ask that you tell them to speak directly to a staff member present. They are best equipped to resolve the concern quickly and efficiently.
2. We do not provide parents with our staff phone numbers, so our staff can stay fully

present for the program. You will receive staff names to help communicate with your teen. We recommend using direct requests by using their name. Using names helps empower your teen to communicate with the staff they have the closest relationship. You will receive an email address and phone to communicate with staff in case of emergencies while your teen is traveling.

- Use [Equal Eats](#) to create allergy cards for your teen, stating their allergies in the native language of the country or countries they will be visiting. Google translate is another great tool to use to create “I am allergic to \_\_\_\_\_” statements while traveling.

We hope that the tools provided in this document will be helpful for your teen. Please make sure to review it together and contact us at [bbyosummer@bbyo.org](mailto:bbyosummer@bbyo.org) if you have any questions.

Allergen or Dietary Restriction	Restaurant Finders	Additional Resources
Gluten Free	<a href="#">Find Me Gluten Free</a>	<a href="#">Allergy Force</a> , <a href="#">Fig</a> , <a href="#">Allergy Eats</a> (U.S. only), <a href="#">Snack Safely</a> , <a href="#">iAvoid Food Allergy</a>
Peanuts or Tree nuts	N/A	<a href="#">Allergy Force</a> , <a href="#">Fig</a> , <a href="#">Allergy Eats</a> (U.S. only), <a href="#">Snack Safely</a> , <a href="#">iAvoid Food Allergy</a>
Kosher	<a href="#">Yeah That’s Kosher. Is it Kosher?</a>	<a href="#">Kashrut.com</a>
Vegetarian or Vegan	<a href="#">Happy Cow</a>	N/A
Lactose or Dairy	<a href="#">Happy Cow</a>	<a href="#">Allergy Force</a> , <a href="#">Fig</a> , <a href="#">Allergy Eats</a> (U.S. only), <a href="#">Snack Safely</a> , <a href="#">iAvoid Food Allergy</a>
Sesame	N/A	<a href="#">Allergy Force</a> , <a href="#">Fig</a> , <a href="#">Allergy Eats</a> (U.S. only), <a href="#">Snack Safely</a>

## Sample Menu: Europe

### Breakfast

Hotel Buffet: eggs, yogurt, cheese, toast, pastries, fruit, cereal, fish. *Buffets may also include non-Kosher meat such as bacon or sausage.*

### Lunch

Pizur meal and visit a local food market or restaurant. *This is a great time try local cuisine and find a meat option. Google Maps, Yelp, and other food related apps can be helpful.*

**Please Note:** While we always encourage our teens to try the local food in the countries they visit, we also understand that many teens are looking for some comfort food. Many of our teens enjoy visiting familiar fast-food establishments—like McDonald’s—in the cities we visit and comparing the different menus at each location.

### Dinner

Pre-ordered restaurant meal or hotel buffet:

- Pasta, pizza, and salad
- Fish with vegetables
- Tofu with vegetables or vegetable soup
- Vegan burger with potatoes
- Kosher chicken with potatoes and mushrooms

Dessert: panna cotta, flan, cake, fruit, ice cream, dulce de leche, and baklava

## Sample Menu: Americas & Thailand

### Breakfast

Hotel Buffet: eggs, yogurt, cheese, toast, pastries, fruit, cereal, fish. *Buffets may also include non-Kosher meat such as bacon or sausage.*

### Lunch

Pizur meal and visit a local food market or restaurant. *This is a great time try local cuisine and find a meat option. Google Maps, Yelp, and other food related apps can be helpful.*

Pre-packaged lunch from the hotel: Cheese sandwich, orange, cookie

### Dinner

Pre-ordered restaurant meal or hotel buffet:

- Rice and beans
- Pizza
- Quesadillas
- Fish with vegetables
- Pasta with vegetables
- Plantains

Dessert: Tres leches, dulce de leche, and fruit

## Sample Menu: Israel

### Breakfast

Hotel Buffet: fruits, breads, tuna, cheese, salad, eggs, yogurt, vegetable bar, hummus, and tahini.

### Lunch

Pizur meal and visit to a local food market or restaurant. *This is a great time try local cuisine and get recommendations from your Israeli staff. Google Maps, Yelp, and other food related apps can be helpful.*

### Dinner

Hotel Buffet: Couscous, rice, pasta, beef, chicken, breads, salads, vegetable bar, hummus, and tahini.

**Please Note:** Menus vary by location and are subject to change. The menus provided above are a sample—showcasing commonly offered foods across various destinations—but it may not reflect the exact menu for your specific trip. BBYO does not determine specific menus or place individual food orders. All meal offerings are provided by the hotel or restaurant and are subject to their selection.