



ST. ANDREW'S EPISCOPAL CHURCH

Food Hospitality Guidelines

Food has always been a central feature of fellowship. Time and time again in Scripture, we learn of Jesus breaking bread and sharing meals with his friends and others in the community. At St. Andrew's, we enjoy many opportunities to gather around food. Sunday coffee hours, parish breakfasts, Lenten dinners, and special parish life events are just a few of our regular events that involve eating together.

Several of our parishioners have severe food allergies or other dietary restrictions, and we are working to become more hospitable to ensure that everyone feels "welcome at the table." Our plan is to keep a stock of dairy-free, tree-nut and nut-free crackers such as Wheat Thins and Carrs in the kitchen. We also will have some pre-packaged gluten-free snacks available, and we will try to keep several gluten-free pizzas in the freezer to have as options when meals are being served. We also have "table tent" checklists available that identify whether dishes contain common allergens such as milk, nuts, shellfish, eggs, soy, and gluten.

As you plan and prepare food for Church events, please consider the following suggestions.

- ❖ Consider keeping ingredients that are common allergens or are not part of a vegan diet separate. For example, rather than adding bacon, egg, or cheese to a green salad, have them in separate bowls for people to add themselves.
- ❖ Condiments, sauces, and dressings often contain allergens. Please keep them on the side. If you put the condiments or sauces in a bowl, please keep the original container in the kitchen so that those with allergies may look at the list of ingredients.
- ❖ It is always helpful to have a vegan option of dishes such as a breakfast casserole, quiche, pasta, etc. (Vegan dishes do not contain meat, dairy, or eggs.) Cheese or other dairy products could always be offered on the side for vegetarians who are not vegan. Alternatively, plain bagels and jam and/or vegan yogurt work well.
- ❖ Plain fruit and cut up veggies are good for almost everyone. Unpeeled fruit such as bananas or oranges works well for people who have highly sensitive allergies.
- ❖ If you are purchasing food such as cookies for an event, consider buying one package of a gluten free option.
- ❖ If you are putting purchased food out on a tray or serving bowl, please save the ingredient list from the package.
- ❖ If you are looking for recipe ideas, our folks with severe allergies are always happy to offer suggestions. Sometimes, a small change like cooking with canola or olive oil (not peanut oil) instead of butter can make the food safe for more people. Similarly, certain breads like French bread do not have dairy.

As we continue to work on our hospitality at parish events involving food, we are grateful for your input and suggestions. Thank you for your help in making all of our parishioners feel as included as possible!