



Vamonos prefers to take groups to local restaurants instead of big chains in order for the traveler to get the full cultural experience. Many of these smaller restaurants may not fully accommodate all food allergies and restrictions. Thus, we cannot guarantee that every meal provided will meet all dietary requirements nor are we responsible for any health issues that may arise from accidentally consuming restricted foods. Vamonos also does not reimburse for any meals not eaten.

However, Vamonos will attempt to accommodate your food allergy requests. Most frequented Vamonos restaurants are happy to work with us as long as they are informed of the issue in advance. **There are also a number of things you can do to prepare your child for the trip.**

### Ways to Prepare:

1. Plan accordingly by providing your child with suitable and supplementary snacks as necessary.
2. Make sure you fill out the medical portion of the enrollment form in detail. List all food allergies and restrictions and the severity of the reactions. This information will be provided to your Tour Director in case of emergency.
3. If your child has an allergy that requires an epipen, make sure it is listed on the form and your child brings it with them everywhere they go on their trip along with written instructions on how to use it.
4. Also inform your school's group leader of your child's food allergies and restrictions and the severity of the reactions. If your child has an epipen, inform them of that as well.

**Tips to help make good dietary decisions:** (Vamonos Tours typically include 2 meals a day. Your child will be responsible to make good decisions regarding the meals they purchase.)

1. Use good common sense. If it may have questionable ingredients, don't take the risk.
2. Ask the staff at the eating establishment what are the ingredients in a particular food before you order and also what it was cooked in. Please know that since we use local places, not all employees speak English well. We recommend you bring along a small pocket dictionary for asking specific questions.
3. If your itinerary includes a stop at a local farm market, it may be a good idea to purchase some fruit for snacking later in the day. Bananas make an excellent choice; they pack well and make minimal mess.
4. If you can't have gluten then look for things made with plantains like *mofongo* and *tostones* on the menu. They are almost always prepared gluten free. Although rice is gluten free, there is no guarantee that the seasonings used in the rice are gluten free. Ask good questions and if in doubt don't eat it.