



The Village Charter School VCS Potluck Guidelines



Here, at Village Charter School, we are blessed with a wonderfully diverse group of families that make up our community. One of the best ways to experience and enjoy the diversity of this community is over a communal meal! We are so excited about this event, and the opportunity to gather with old friends and new to eat. There are a few things we ask families to be mindful of when attending and preparing food for a VCS Potluck.

Our diverse community comes with very diverse dietary needs! We have many vegetarian and vegan families, as well as dietary restrictions. Please label the food that you bring including listing there are any of the following products: wheat, gluten, nuts (list what kinds), corn, dairy, eggs, soy, food coloring. If you purchase a deli dish or prepared dish to bring, please leave the ingredients list from the packaging near your dish.

Throughout the year, our children are learning how to practice individual, farm, ecological, community, and cultural sustainability. They participate actively in recycling, composting, reusing, gardening, and working together. It is important that we continue to model these values, and ideas to them outside of the classroom at our school-wide events. It is for this reason that each family will need to bring their own reusable plates, utensils, napkins, and drinking cups to potlucks. We will provide a rinsing station, so that you don't have to bring home really slimy, grimy dishes.

Last, here at Village Charter School we strive as a community, teachers, staff, and parents to model healthy eating habits to our children. In keeping with this philosophy, we ask you to be mindful of your choices for community dishes. We would love it if all of our dishes were local, fresh, and homemade, but we realize that this often a lot to ask of the community to do along with the daily tasks of our busy lives. We understand the need of many families to bring something quick and easy, and in no way frown upon this need. We ask ,though, that if you do not have time to prepare a meal yourself, please make thoughtful and healthy quick choices. Think of items that are minimally processed and wholesome.

Ultimately, we want all families to feel that their family values and health choices are respected and honored. Thank you!