

### About Meals in Marine House

Please check the details below and make sure that all participants (Chaperons, JAs and BC President) fully understand the contents.

#### Meal types served at Marine House

- **Meal Type A: Standard ...** Meals with halal chicken and fish. No pork and beef. Served buffet style. Ingredients used in the menu will be indicated in both English and Japanese with corresponding pictures. If you find anything you cannot eat in the menu, you can skip it and take only what you are able to eat.
- **Meal Type B: Vegan -** Meals **without** meat, seafood (fish, shellfish), and **NO** eggs, milk and dairy products. Served in single serving style.

#### <IMPORTANT>

**(B) Vegan Meal** will be offered exclusively to the people who requested them prior to the program with the “Meal Type Request Form”. You cannot change the meal type after your arrival. So, please read the instruction carefully and confirm with participants before filling the Meal Request Form.

If a JA/Chaperon/Presidents has any exceptions with your meal type, please write them down in Notes column for our information. (e.g. type B, but can drink milk, etc.)

#### About Food Allergy and Religious Food Restrictions

- APCC CANNOT provide any care or satisfy needs for participants with health issue, including food allergies. Please make sure that each selected JAs can take care of his/her own conditions without assistance from adults, and can determine what he/she can and cannot eat.
- The following fourteen ingredients will be indicated by corresponding pictures (pictograms) when used in the dishes of Standard Meal. Participant with food allergies or religious restrictions need to decide whether he/she will be fine eating the dish by him/herself.
- There will be an explanation chart regarding these pictograms at Marine House but if you wish to check the ingredients besides the fourteen items, please come to the staff at the head office.

#### • Pictograms (It will be shown with the name of item in Japanese and English)



#### <Example of the use of Pictogram>

