

Sharing Kai Together

Tips on being inclusive



Provide tables and chairs so people can sit down.
Provide straws and mugs with big handles.



Inu/Drink include:

Herbal tea, Milo, Water, Juice

Variety of milk including oat, soy, almond.



Kai/Food include:

Healthy alternatives eg fruit, carrot and celery sticks.

Dairy free/gluten free/ nut free / vegan

Bite size portions or finger food.



List ingredients in food for people with allergies.

