

## Mission Trip Meal Information

We encourage teams to experience the culture of the location and embrace the food that is offered. Please know that food options are limited at Mustard Seed Communities (MSC) mission locations.

Three meals per day are provided for mission volunteers. If a team would like to supplement meals with snacks or other food items, volunteers are responsible for bringing needed supplies with them. A grocery stop is not guaranteed when in Jamaica, Nicaragua, or Dominican Republic.

We do not have access to specialty foods for those with particular diets, such as vegetarians, vegans, gluten intolerances, lactose intolerances, or other allergies. Due to the limitations of food in many of our locations, we cannot guarantee the trip will be free of peanuts or tree nuts.

Most volunteers find that there is always something they can eat, like rice and beans or vegetable side dishes. The food is simple, typically relying on rice, proteins, fresh fruit, and vegetables. Clean filtered water is always available.

Mission volunteers should bring any medicine required (EpiPens, Lactaid, etc.) and inform the rest of their team about their food restriction or allergy.