

McGill Sustainable Events Certification Program

Food Inclusivity and Accessibility

Why?

It is important to provide a comfortable environment for your guests, and part of this is ensuring that everyone's dietary restrictions are accommodated for. By tending to your participants' dietary needs, you help make the event more inclusive and accessible.

How?

There are a few things to consider when implementing **food** accessibility and inclusivity:

- Provide food options for various needs: vegetarian and/or vegan, kosher, halal, specific allergies or dietary restrictions (e.g., gluten-free, nut-free), etc.
- Prepare the different food options using different cookware and utensils.
- Serve the different food options in different serveware and with different serving utensils, preferably on different tables, if possible.
- Label food and list the ingredients where possible.
- Keep condiments, especially those that contain dairy or eggs (e.g., cheese, sour cream, and mayonnaise) away from meat.
- Avoid messy or sticky food.
- Provide food vouchers/money for food to anyone who may need if food is not offered at the event.

When it comes to **drinks and beverages**, consider these points:

- Provide water free of charge to anyone who asks.
- Provide non-alcoholic beverages (that are not water).
- Serve all drinks in the same kind of drinkware to minimize peer pressure to drink.
- Always have paper or reusable straws available for accessibility purposes.

Sources: [Accessibility Guidelines](#) by COCo and [Tips for Organizing Inclusive Events](#) by the McGill Social Equity and Diversity Education Office.