

# FOOD ALLERGY FORM

*Due by 3 weeks before arrival*

Group Name \_\_\_\_\_ Dates of Stay \_\_\_\_\_  
Camper Name \_\_\_\_\_ Camper Age \_\_\_\_\_  
Guardian if under 18 years old \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_

## Special Diets

Food allergies are a special concern for our staff. Because we must place our food order in advance, it is vital that we have a list of your special requests 3 weeks prior to arrival.

Our kitchen can accommodate vegetarians and gluten free. If you require a vegan or 100% organic meal or you have allergies that require special cooking needs where cross contamination could be a factor, we ask you to bring your own pre-made entrees. Our kitchen staff can then heat your food and serve it during the normal meal times.

Our breakfast includes oatmeal, toast, yogurt, fruit, cold cereals and usually a breakfast meat and eggs. Both lunch and dinner have a fresh salad bar along with the entree.

For those wishing not to bring their own food, we can shop and prepare gluten free meals for an additional charge of \$6 per meal. There is no additional charge for vegetarian meals.

## Please complete the following using a scale of 1 – 5 with 5 being the most allergic.

You can add a note under each section, especially if the camper carries an Epi-pen for these allergies.

Milk (lactose)	1	2	3	4	5	Nuts	1	2	3	4	5
_____						_____					
Eggs	1	2	3	4	5	Gluten	1	2	3	4	5
_____						_____					
Soy	1	2	3	4	5	Other	1	2	3	4	5
_____						_____					

Additional notes \_\_\_\_\_  
\_\_\_\_\_

I am bringing my own pre-made entrees that can be stored and heated by the kitchen Yes \_\_\_ No \_\_\_

## Camp Oakhurst Kitchen to provide these meals

Vegetarian Meals Yes \_\_\_ No \_\_\_  
No extra charge

Gluten Free Meals Yes \_\_\_ No \_\_\_  
Breakfasts \_\_\_ Lunches \_\_\_ Dinners \_\_\_  
Total meals \_\_\_ x \$6 = \_\_\_

\_\_\_\_\_   
Camper or Guardian signature

\_\_\_\_\_   
Date