



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIETARY RESTRICTION WORKSHEET

YMCA CAMP ORKILA

Please return page 2 of this form by e-mail to hwinchell@seattleyymca.org at least **4 weeks prior** to your camp date.

At YMCA Camp Orkila we serve hundreds of students and adults with dietary restrictions each year. We do our best to accommodate dietary needs. We will always uphold the highest standards in food handling to ensure that each student is safe and well nourished.

Step 1 to ensuring that your camper's dietary restriction is accommodated is the completion and submission of this form. Please provide as much information as possible. Students with a life-threatening allergy will receive contact from a member of the kitchen management team. Students with a complex allergy, even if it is not life-threatening, will receive contact as well.

If your dietary restriction can be accommodated by the facts listed on this sheet, please still submit a form so that we are aware of the need. If there are a high number of gluten-free needs during a week, then we will need to know in advance to order more supplies.

If your student has a dietary restriction that cannot be completely accommodated by our kitchen, then you may send supplemental food for them. The food will be stored in the dietary needs kitchen in the lodge. There is a refrigerator, microwave, and counter space. Please label your student's food with name, school, and allergy.

For your reference, please know the following facts about our food service:

- **We are tree nut and peanut free in the camp dining hall.** Groups are advised not to bring any snacks containing peanuts.
- **We do not serve any food containing nuts.** There are only two foods that we serve that are processed in a plant that also processes nuts, and these foods are processed on a different manufacturing line. These two foods are the pancake and cinnamon roll mixes that we use.
- **We do not use MSG or serve foods containing MSG**
- **We do not serve foods containing high fructose corn syrup**
- **We do not serve shellfish**
- **If your camper has a lactose intolerance, we have soy and rice milk available**
- **We have several gluten free supplements available** and these can be provided IF WE HAVE ADVANCED NOTICE of the need for the foods. We always have a gluten-free bread, pasta and cereal option on-hand. We sometimes have gluten-free cookies, brownies or bagels.
- **We serve foods separately whenever possible.** For example, the spaghetti sauce has no cheese in it, cheese is on the side.
- **We have a vegetarian option available at every meal.** This option is often, but not always vegan. If your student is vegetarian or vegan, please complete a form so that we will have a count.



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Please return this form by e-mail to hwinchell@seattleyymca.org at least 4 weeks prior to your visit.

Student Name:

Student School:

Parent Name:

Parent Phone:

Parent E-mail address:

Preferred Contact Method:

Student Age:

Student Gender: Male Female

Date attending camp:

Describe the student's dietary restriction, include all ingredients that may cause an issue:

Does the student have a life-threatening food allergy?

Will the student be carrying an epi-pen?

What are the student's symptoms if this food is accidentally ingested?

How long has this student had this dietary restriction?

Is there any other information you would like to share about your student's eating needs?

Do you have any specific questions for our kitchen?

Do you plan to send supplemental food for your student?