



## FOOD ALLERGY GUIDE

Thank you for choosing Golden Bell Camp and Conference Center! We look forward to you joining us and want to make your stay as comfortable as possible. Our meals are typically served buffet-style. We do our best to accommodate the major food allergies/preferences (nut, gluten, dairy, and vegetarian).

If you have food allergies or food intolerances, please fill out the following information and return to your group leader **two weeks prior to your visit**. When it comes to some of the more in-depth allergies and dietary restrictions (preservative/ additive allergies, elimination diets, etc.), we are unable to guarantee that you will not encounter trace amounts of allergens in our food. Therefore, please plan to bring some food to supplement your dietary needs; we do provide a guest refrigerator to further facilitate your needs. Please feel free to contact the kitchen with any further questions/concerns!

**I have an allergy and would like the Chef to prepare special meals for me during my stay.**

*I understand that I will pay an additional \$4 per meal.*

I have an allergy but **DO NOT REQUIRE** the Chef to prepare special meals.

*For severe allergies that are life-threatening with any contact and/or very restrictive dietary needs such as vegan or kosher diets, you will need to provide your own meals. Our kitchen is not set up to handle all diets or allergy severities. Guest refrigerators are available in different areas of the camp.*

**If this form is not received 14 days prior to your stay we cannot accommodate your dietary needs.**

Please fill out the following and return 14 days prior to your visit to [info@goldenbellcamp.org](mailto:info@goldenbellcamp.org)

Group Name (required): \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Arrival Date: \_\_\_\_\_ Age (if under 18yrs): \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Vegetarian

I am Allergic / Intolerant to:

Tree Nuts and/or Peanuts: Severity (Please Circle): Ingest / Inhale / On Contact

Describe: \_\_\_\_\_

Gluten: Severity (Please Circle): Ingest / Inhale / On Contact

Describe: \_\_\_\_\_

Dairy: Severity (Please Circle): Ingest / Inhale / On Contact

Describe: \_\_\_\_\_

Other: Severity (Please Circle): Ingest / Inhale / On Contact

Describe: \_\_\_\_\_

Please be advised that food prepared at Golden Bell Camp and Conference Center may contain these ingredients: dairy, eggs, wheat, soybean, peanuts, tree nuts, fish, and shellfish.