

2024 ALLERGY & DIETARY RESTRICTION FORM



Camper Name : _____

Vegan

Plant foods and products only

Vegetarian

No red meat
 No chicken
 No eggs

No pork
 No fish
 No dairy products at all

Please select all the following that apply to your camper:

Food Allergies

Peanuts – or anything nut related
 Fish / Shellfish
 Eggs
 Milk
 Anything diary

Soy
 Nut oils
 Sugar
 Mushrooms
 Gluten / Wheat

Chocolate or desserts
 Processed foods
 Sulfite
 Lupins
 Mustard or Ketchup or Mayonnaise

Other _____

Please provide *additional allergy / dietary information or instructions* about your camper:

For questions / concerns about the food served at camp, please contact:

Easterseals	YMCA – Camp Widjiwagan
Jared Houtman Recreation Camp Coordinator	Front Office at YMCA
P : (615) 444 – 0597 ext 420	P : (615) 360-2267
C : (615) 318 – 9479	contact:
E : jhoutman@eastersealstn.com	www.campwidji.org/contact-us