

Date \_\_\_\_\_ Camper's Name \_\_\_\_\_

## Special Diet Needs Twin Rocks Friends Camp

**Note from NWCCD Staff: *Special food items are ordered two weeks before camp.*** If you do not get your request in before that time, then you will be responsible for special dietary needs.

Twin Rocks kitchen staff is able to help you with your special diet needs in two ways: by providing enough variety in the menu from which you may choose, and by making substitutions for some (although not all) menu items in order to give you well-rounded meals. The menus for this week/weekend are posted on the wall to the right of the podium.

Below, please list your special diet needs. Please be as specific as you can, i.e., "no dairy, no wheat, vegetarian, vegan, no peppers or onion, diabetic, etc." Please list only those diet needs that are related to food allergies, medical issues, or lifestyle choices, **but not food preferences**. Thank you.

**Camper Name**

\_\_\_\_\_

**Special Diet Needs (i.e., no dairy, no wheat, vegetarian, vegan):**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

You are welcome to bring into the Dining Center any food items to supplement what we are offering you. There is a small refrigerator in the dining room under the beverage counter where you may store these items. **We do ask those with no dairy or no wheat allergies to supply their own milk and bread. We offer only fresh fruit as an alternative to dessert for diabetics, so please bring your own sugar-free desserts if you want them.**

We hope you join us often for future camps. Upon request, we are happy to supply the week or weekend's menu ahead of time in order to help you with your planning.