

DIETARY NEEDS AND RESTRICTIONS

We need your help in understanding and planning for any dietary needs or restrictions you might have on this upcoming Cursillo weekend. The cook team is excited about providing healthy, nutritious meals ... with a bit of fun thrown in, – but we also want to keep everyone healthy and safe. Would you please take a few moments to complete this survey so we can plan for your special needs. All your information will be kept confidential, and used only by the special needs cook team. Many thanks –

Name: _____

- I have no dietary restrictions.
- I am lactose intolerant
- I require a dairy free diet
- I require a gluten free diet
- I require a wheat free diet
- I am vegan
- I am a vegetarian but will eat _____
- I have nut allergies to _____
- I have shellfish allergies to _____
- I have food allergies to _____

- I am diabetic and need these accommodations _____

 - Please remind me to take my medications
 - I am good about self regulating my condition
- I suffer from PKU
- I suffer from Celiac
- I have Diverticulitis
- Other dietary needs/concerns

