

**NOTIFICATION OF DIETARY RESTRICTIONS**

The Teen Ranch kitchen is most conscientious in accommodating the requirements of those who suffer from food allergies/sensitivities provided those who require special diets communicate their needs **well in advance of the trip.**

* Where the booking party does not have a standard form to identify the dietary concerns of its members, the checklist featured on the next page may be used.
* A tally form to consolidate information reported on individual forms appears on the last page. The numbers/issues identified on this last page are those required by Teen Ranch.

Where allergies are an issue, it is important for guests to gauge and communicate the severity of the allergy, as this dictates the extent of food restrictions that must be adopted by the Teen Ranch kitchen.

As vegetarian diets differ from person to person, we request that particular details be provided for any guest’s vegetarian diet. This assures that Teen Ranch can provide well-balanced meals to all.

Occasionally, visitors request very specialized food items that may prove cost prohibitive to Teen Ranch. Under these circumstances, there may be a surcharge applied or the guest may opt to provide some food goods. At times, meals may need to be prepared in accordance with strict guidelines, for serious medical issues. In these rare instances, Teen Ranch will endeavour to comply but if there is a risk of client well-being being compromised, Teen Ranch may encourage visitors to bring their own prepared foods. Direct dialogue and negotiation between guests/parents/guardians and Teen Ranch is required for the exceptional circumstances outlined above.



**NOTIFICATION OF DIETARY RESTRICTIONS**

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| **DIETARY RESTRICTION** | **VARIATIONS/SPECIFICATIONS** | **KINDLY WHICH APPLIES** |
| **VEGETARIAN** | No meat consumed. Diet includes ALL fruits, vegetables, legumes, grains, dairy and eggs |  |
| As above, but NO eggs |  |
| **VEGAN** | No consumption of animal products whatsoever |  |
| **MEAT/EGG RESTRICTIONS DUE TO MEDICAL, ETHICAL OR RELIGIOUS REASONS** | No poultry |  |
| No pork |  |
| No beef |  |
| No fish |  |
| No shellfish |  |
| No eggs served as an entree |  |
| Foods consumed may not feature eggs in any form on the ingredients list |  |
| **LACTOSE INTOLERANCE** | Mild intolerance: self regulates dairy intake and can consume cooked in products (ie. pancakes, baked goods) |  |
| Moderate intolerance: self regulates dairy intake and uses products containing Lactaid® (the enzyme lactase) as required |  |
| Severe intolerance: cannot tolerate any dairy products & requires lactose free alternatives |  |
| **GLUTEN INTOLERANCE** | Mild intolerance: self regulates gluten intake with no significant changes to diet |  |
| Moderate: Non-Celiac Gluten Sensitivity: Only gluten free products are consumed |  |
| Severe Celiac Disease: Only gluten free products are consumed and all foods must be prepared using cookware/appliances that are also dedicated to gluten free ingredients |  |

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| **ADDITIONAL ALLERGIES:**  **PLEASE LIST INDIVIDUALLY** | **KINDLY INDICATE SEVERITY/SYMPTOMS** | | |
| Slight Intolerance | Moderate Reaction | Induces Anaphylactic Reaction |
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**Name of Guest:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Guest (or Parent/Guardian if Under 18**): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**TALLY SHEET TO BE SUBMITTED FOR GROUP**

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| **DIETARY RESTRICTION** | **VARIATIONS/SPECIFICATIONS** | **# OF GUESTS TO WHOM THE DIETARY RESTRICTION APPLIES** |
| **VEGETARIAN** | No meat consumed. Diet includes ALL fruits, vegetables, legumes, grains, dairy and eggs |  |
| As above, but NO eggs |  |
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