



Alternative Diet Sign Up Form

Camp Wahanowin feels a responsibility to reasonably accommodate those campers and staff members who require alternative dietary considerations due to allergies, lifestyle choices or religious beliefs.

Our menus are carefully planned in accordance to Canada's Food Guide, allergy awareness and popular tastes. We are proud of the meals that we serve and can accommodate most requests with no extra cost or effort by you. Our dining hall is kosher style, nut safe and we are very careful and adaptable when dealing with any allergies or food related medical conditions.

Those campers and staff with alternative diets must sign up to have alternate meals provided for them. Our kitchen prepares the regular meal and alternative dietary meals based upon these numbers. These alternatives are not provided to accommodate personal tastes or to be used as a different meal option. If a camper or staff member signs up for an alternative diet they are expected to adhere to it, just as those not signed up may not take these meals.

Anyone with serious allergies or medical conditions that affect their diet should contact the camp directly to discuss. In these cases, you may be required to provide alternate food, which the kitchen will prepare for you (within reason) to supplement your diet. The camp requests that such supplements be similar to meals the camp is providing (to help with preparation and avoid conflict or competition with other campers).

All campers and staff that sign up for an alternative diet shall be given a wristband identifying which alternative meal they are to receive. This bracelet must be shown to the alternative diet coordinator each time an alternate meal is taken.

(IF APPLICABLE) Please complete, detach and return to the camp office by June 15th.



(Print name of camper/CIT above)

...requests to have an alternate meal provided for them in accordance with the following restrictions:

- Vegetarian - no meat (no beef, chicken or fish)
- Vegetarian - no red meat (will eat chicken and fish)
- Vegan or Lactose Vegetarian (no beef, chicken, fish, cheese or dairy products)
- Allergy (anaphylactic) to _____
- Kosher Meat* (*Additional charge: \$300 for CIT/Full Season/July Plus, \$200 for July/August, \$150 for any shorter session)
- Gluten-free Menu* (*Additional charge: \$300 for CIT/Full Season/July Plus, \$200 for July/August, \$150 for any shorter session)
- Other _____

It is understood by the camper, CIT and/or parent that in order for Camp Wahanowin to order and prepare foods properly and in sufficient quantities, no alternating between regular meals and diet alternatives will be permitted.

Camper/CIT Signature

Date

Parent Signature

Date