



# SILVER BAY YMCA

## Food Allergen Information Form

**Send completed forms to your conference coordinator or our chef, Jon VanZutphen at [jvanzutphen@silverbay.org](mailto:jvanzutphen@silverbay.org)**

\*Please ensure that this form is made available to your participants in advance of your stay and completed forms are turned into your Conference Coordinator at least 4 weeks before your arrival to ensure special requests can be accommodated.

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Conference/Group** \_\_\_\_\_

**I will be at Silver Bay YMCA from** \_\_\_\_\_ **to** \_\_\_\_\_

### I AM ALLERGIC TO:

Gluten	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Dairy	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Egg	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Soy	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Peanuts/Tree Nuts	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Shellfish/Seafood	Yes <input type="checkbox"/>	No <input type="checkbox"/>

### I ADHERE TO THE FOLLOWING SPECIAL DIET:

Vegetarian ☐  
Vegan ☐

Is your allergy severe (causes anaphylaxis)? ☐ Yes ☐ No

## PLEASE NOTE: Silver Bay Ymca Is Not A Peanut/ Tree Nut Free Facility

Silver Bay accommodates the major food allergies in accordance with the FDA and special diets listed above. For those who fall outside of these major food allergens, it is recommended that you bring your own meals and reach out to our front desk to ensure a fridge and microwave in your room as we have limited availability at times.