



SILVER BAY YMCA

Food Allergen Information Form

Send completed forms to your conference coordinator or our chef, Jon VanZutphen at 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	<input type="checkbox"/>
Vegan	<input type="checkbox"/>

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.