

## Troop 1000 Food Allergies, Requirements or Special Considerations

Scout Name: \_\_\_\_\_ Patrol: \_\_\_\_\_ Date: \_\_\_\_\_

The above named Scout has the following Food Allergies, Intolerance, Requirements or Special Considerations:

### Food Allergies or Intolerance:

A food allergy is caused when the body's immune system mistakes an ingredient in food—usually a protein—as harmful and creates a defense system (special compounds called antibodies) to fight it. An allergic reaction occurs when the antibodies are battling an "invading" food protein. Although a person could have an allergy to almost any food, these foods account for almost 90 percent of all food-related allergic reactions:

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|-------------------------------------|--|
| <input type="checkbox"/> Soy        | <input type="checkbox"/> Tree nuts (such as cashews and walnuts) |
| <input type="checkbox"/> Shellfish  | <input type="checkbox"/> Fish                                    |
| <input type="checkbox"/> Milk/Dairy | <input type="checkbox"/> Wheat/Gluten Free                       |
| <input type="checkbox"/> Eggs       | <input type="checkbox"/> Other (Specify _____)                   |
| <input type="checkbox"/> Peanuts    |  |

### Special Diets or Desires influenced by religious, spiritual or philosophical beliefs.

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|---|--|
| <input type="checkbox"/> <b>Vegetarian /Buddhist</b> (excludes meat and animal by-products)   | <input type="checkbox"/> <b>Kosher</b> (no pork, does not mix meat and dairy products, other dietary laws)   |
| <input type="checkbox"/> <b>Vegan</b> (excludes meat, animal by-products, eggs and dairy products)  | <input type="checkbox"/> <b>Islamic/Halal</b> (no alcohol, pork, or any meat from an animal which was not killed through the Islamic method of ritual slaughter) |
| <input type="checkbox"/> <b>Lacto-Vegetarian/Hindu</b> (includes certain types of dairy, but excludes eggs, and foods which contain animal by-products) | <input type="checkbox"/> <b>Other</b> (Specify _____)  |

### Significant Food Dislikes and Substitutes

Here's your chance to help us help your Scout get a decent meal! Tell us what he really dislikes or simply won't eat. Then tell us some of his favorites, or things you find he will eat when the meal on the table is not to his liking. Picky eaters are common among younger Scouts (and a few older ones as well). The more you can tell us about his significant dislikes the better we can advise your Scout's Patrol.

**He absolutely WON'T eat:**

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**Good substitutes or favorite meals (other than pizza and chicken nuggets which are difficult to make on campouts):**

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Please continue on the back for any additional information you wish to provide.\_