

CDSS at Pinewoods Special Diet Form

You have indicated that you have a food allergy. Although the Pinewoods kitchen makes an effort to list potential allergens, **neither CDSS nor Pinewoods can accept responsibility for notifying you of the presence of potential allergens in the food.** Meals include either a meat or vegetarian entree. See **Registration Status Form** to check or change your meal preference. In addition, most of the following is available to all at each meal: raw vegetables and salad; peanut butter and jelly; hard-boiled eggs; plain tuna fish; bread; cottage cheese; plain yogurt; rice cakes; plain chicken; plain tofu; cold cuts; and, fruit.

If your allergies are minor and you can easily take care of them yourself, please do not bother to fill out this form. For this form to be useful, we need it returned by three weeks before camp.

If your allergies are more severe, please:

- Fill out and return this form with your **Registration Status Form**,
- Or fill this form online at <https://www.surveymonkey.com/s/PWDiets>
- Two to three weeks before your week at camp, call the Pinewoods kitchen at (508) 224-4020, between 9-11am or 2-4pm and speak with the head cook,
- When you arrive at camp, check-in with one of the cooks, and
- Ask about specific dishes if you have any doubts.

If Pinewoods cannot serve all your needs, you may be asked to supplement with your own food. While there is no food preparation space available for campers in the main kitchen, there are three refrigerators and kitchens for camper use elsewhere in camp.

Please do not assume that we already have this information.

Please cut here and return with your **Registration Status Form** to:
CDSS, 116 Pleasant Street Suite #345 Easthampton MA 01027-2759

Vers 3/9/17

CDSS at Pinewoods

Name: _____

WK

circle one Meat Veggie

Allergies: feel free to replace this form with a list if you already have one prepared. Be sure that it has your name and the week you will attend listed.