

# Special Diet Needs

## Twin Rocks Friends Camp

Our kitchen staff is able to help those in your group who have special diet needs in two ways: by providing enough variety in the menu from which they may choose, and by making substitutions for some (although not all) menu items in order to give them well-rounded meals.

One way you can help your guests is to help us anticipate the special diet needs they may have. Please include this statement on your registration form: “Twin Rocks Friends Camp can accommodate the following five special diet needs: non-celiac gluten free allergies, dairy allergies, nut allergies, vegetarian, and vegan.”

Please note that if a guest has a *combination* of these needs or other dietary restrictions, we are not able to guarantee that we can accommodate their needs. We recommend those individuals who have a combination of needs or a dietary need that is not listed above to review a copy of the event menu and bring necessary food items to supplement.

There is a small refrigerator in the dining room where guests may store well labeled food items to help augment their diet as needed. Larger, well labeled items may also be stored in the camp’s main walk-in cooler.

We offer fresh fruit for diabetics as an alternative to dessert, so please ask guests to bring any sugar-free desserts they may wish to have as an alternative to fruit.

Camper Name	Special Diet Needs
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____

Upon request, we are happy to supply the week or weekend’s menu ahead of time in order to help any of your guests with their food planning. Additionally, they are welcome to contact the Guest Services office at any time with additional questions or concerns, (503) 355-2284.