

# Food Allergies and Intolerances Form

Office of Conferences & Special Events, University Housing & Dining  
300 Clark Hall/1203 South Fourth, Champaign, IL 61820, (217) 333-1766  
[nutrition@housing.illinois.edu](mailto:nutrition@housing.illinois.edu)

**PLEASE PRINT CLEARLY or TYPE**

Camp/Conference Attending (please write full name of camp): \_\_\_\_\_

Dates attending: \_\_\_\_\_ to \_\_\_\_\_

## **PARTICIPANT INFORMATION:**

**Do not complete this form if the camper does not have a food allergy or special dietary need.**

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_

Participant phone: (cell/home) \_\_\_\_\_ Birth Date: \_\_\_\_\_

Participant email: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Relationship to Participant \_\_\_\_\_

Parent Phone (cell) \_\_\_\_\_ Work: \_\_\_\_\_ Home: \_\_\_\_\_

Email: \_\_\_\_\_

## **FOOD ALLERGY/INTOLERANCE(S):**

**Please attach medical documentation describing the dietary restrictions due to the food allergy and/or intolerance, from the Participant's Physician (MD or DO). Documentation from a Chiropractic or Naturopathic doctor not accepted.**

### \*FOOD ALLERGY

\_\_\_ Dairy \_\_\_ Soy \_\_\_ Eggs \_\_\_ Peanuts \_\_\_ Tree nuts

\_\_\_ Fish \_\_\_ Shellfish \_\_\_ Sesame \_\_\_ Corn

\_\_\_ Wheat (do **not** check this for celiac disease or gluten sensitivity, only wheat *allergy*)

Other, please list: \_\_\_\_\_

### \*FOOD INTOLERANCE:

\_\_\_ Gluten (celiac disease or non-celiac gluten sensitivity, includes wheat, barley, oats, rye)

\_\_\_ Lactose \_\_\_ Fructose \_\_\_ Sulfites \_\_\_ Histamines \_\_\_ Nitrites

\_\_\_ Fructans \_\_\_ Tyramine \_\_\_ Galactans \_\_\_ Fava Beans \_\_\_ MSG

\_\_\_ Salicylates \_\_\_ Polyols \_\_\_ Citric acid \_\_\_ Nightshades

Other, please list: \_\_\_\_\_

**Other Special Diet needs or restrictions** (i.e., Diabetes, IBS, other): \_\_\_\_\_

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### **Dietary Needs Questionnaire**

Please answer the following questions to better help us with your needs:

1. What are the preferred food substitutions, if any? (soy butter for peanut butter, gluten-free breads, soy milk etc):

2. What types of contact will cause a reaction?

\_\_\_\_\_ Airborne

\_\_\_\_\_ Trace Cross Contact

\_\_\_\_\_ Actual ingestion of food

Please explain:

3. Does the Participant understand the food allergy and what needs to be done to manage it?

4. Has the Participant ever attended camp or eaten meals outside the home?

If yes, how were the meals handled?

5. Is there any other information you would like to share to help us meet the Participant's needs?

## Food Allergies and Intolerances Form

Office of Conferences & Special Events  
University Housing & Dining

Menus, allergens, and ingredients will be posted online four weeks prior to your child's camp on our EatSmart website. Please contact your camp counselor to see which dining hall your child will be dining in. Then see EatSmart online at: [eatsmart.housing.illinois.edu/NetNutrition/](http://eatsmart.housing.illinois.edu/NetNutrition/)

We have several special dietary food items, including dairy milk alternatives, gluten-free products, and vegan products. Please see this website to view the lists of the available products.  
<http://www.housing.illinois.edu/Dining/Nutrition/Special-Dietary-Needs>.

Some participants and their parents have used EatSmart online or the UIDining App to navigate menu items, food allergies, and food intolerances. However, some participants and parents would like extra precautions taken to help control for trace amounts of allergenic components/cross-contact. We have a separate allergy-friendly preparation area in every dining hall and a designated allergy team that undergoes additional allergy and intolerance training beyond our regular staff training.

A minimum of two (2) weeks prior to the camp/conference, Camp/Conference Participants or the Participant's Legal Guardian is required to contact the Administrative Dietitian at [nutrition@housing.illinois.edu](mailto:nutrition@housing.illinois.edu) if you would like your child to have specially prepared meals made in our allergy-friendly preparation area. Dining Services will make every attempt to meet special diet and food allergy needs but cannot guarantee food service for all food allergies.

**University Housing and Dining Services does not provide assistance or administer injections due to allergic reactions and does not carry or provide stock epinephrine in any dining hall.**  
<http://www.housing.illinois.edu/Dining>

University of Illinois Dining Services makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Every effort is made to instruct our food production staff on the severity of food allergies. In addition, we label items with possible allergen-containing ingredients; however, there is always a risk of contamination. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Customers concerned with food allergies need to be aware of this risk. Dining Services will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while eating at any University establishments. Students with special dietary needs are encouraged to contact Dining Services at 217-300-6513 and/or the Dietitian at [nutrition@housing.illinois.edu](mailto:nutrition@housing.illinois.edu) or 217-244-6655 for additional information and/or support.

By signing this I am certifying I understand the disclaimers contained in this form and I verify the information provided is true and correct.

*Please print and sign with pen:*

Participant/Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_