



# SILVER BAY YMCA

## Food Allergen Information Form

**\*\*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 have an allergy to the following:

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**MUST AVOID:**

Seafood Products	Yes	No
Fowl Products	Yes	No
Dairy Products	Yes	No
Soy Products	Yes	No
Gluten	Yes	No
Peanuts	Yes	No
Airborne	Yes	No

**I adhere to the following special diet:**

- Vegetarian
- Vegan
- Gluten Free
- Dairy Free
- No Red Meat
- No Pork

**Other** \_\_\_\_\_

**Other** \_\_\_\_\_

For severe allergies, please list acceptable food items below that may assist us to accommodate your needs. Please report to the kitchen to retrieve special requests.

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### **PLEASE NOTE: Silver Bay Ymca Is Not A Peanut/Tree Nut Free Facility**

If you have a specific food allergy, please let us know ahead of your stay. While our staff do their best to accommodate your food allergy, we may not be able to handle all food allergies. Those with extensive food allergies, special dietary needs and/or restrictions should contact us prior to arrival. Please contact Chef Anthony Basile at [abasile@silverbay.org](mailto:abasile@silverbay.org) or (518) 543-8833 ext. 388 with any specific questions or concerns.