

Individual Food Form

Please return this form to your trip leader by _____ (date) at: _____ (email).

[Trip leaders: Use this form to compile totals to include in your Food Planning Form; do not send individual forms to us except for individuals with special dietary needs that are not addressed with your menu choices or those with food allergies].

Your Name:

Email:

Phone Number:

Food Details

1. On average, are you a heavy or light eater? Portions will be adjusted accordingly.
2. Do you like spicy foods?

Yes

No

Drinks

1. We include coffee every day. We also include assorted teas, cocoa, lemonade, and Gatorade to be used throughout the trip. Coordinate with Beaver St. Liquor or Majestic Marketplace for soft drinks/alcohol.
2. What do you add to your breakfast/ hot drinks?

Sugar:

Evaporated Milk:

Milk:

Soy Milk:

Half-n-Half:

Almond Milk:

Powdered Creamer:

Honey:

Equal/Sweet-n-Low:

Other:

Flavored Non-Dairy Creamers:

Allergies/Special Dietary Needs

[Trip Leaders: If any of the items below are checked for special dietary needs or allergies, please forward the complete details to Moenkopi in the Compiled food form.]

We automatically provide pre-set substitutes for a wide range of dietary restrictions. We are capable of easily handling the needs of vegetarian, vegan, pescatarian, lactose free, gluten free, and nut free participants, leaving you one less thing to worry about. We are happy to discuss options of navigating additional dietary restrictions that are not listed above.

Do you have any special dietary needs? Check any that apply & complete the corresponding items for each.

Vegetarian

Vegan

Pescatarian

Gluten Intolerant

Lactose Intolerant

Other:

1. Do you have any known food allergies? No Yes**

[**Moenkopi will do their best to accommodate allergies however you are ultimately responsible for taking necessary precautions to guard against an allergic reaction. Please differentiate between a general intolerance for a particular food above and a diagnosed or life-threatening allergy.]

What is your food allergy?

What accommodations do you need to guard against a severe allergic reaction?

