

Food Requirements for the Wilderness Therapy Introductory Intensive

Please fill out the following and return to Stacy Kolcum (skolcum@naropa.edu) along with all the other required forms.

Name: _____ Date: _____

Phone: _____ E-Mail: _____

Please complete the following information.

Food Item	I eat this	I do not eat this	Allergic reactions to this food?
Red meat			
Chicken			
Fish			
Milk			
Cheese			
Yogurt			
Eggs			
Gluten / Wheat			
Coffee			

Other food allergies / restrictions (please indicate whether any of these produce a severe, e.g. anaphylactic, response):

If you have special food needs beyond basic vegetarian, gluten-free, dairy-free, or egg-free (for example, frequent protein), please feel free to bring your own supplemental food that does *not* require refrigeration. When we meet the first day at Naropa, we can answer more specific questions about the menu, and you will have time to acquire any needed supplements before we leave town.