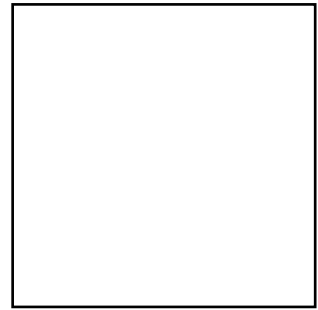


JCC Youth Department Allergy Form

Child's Photo



Camper Name: _____

Camper Birthday: _____

Food Allergies

Please list all of your campers allergies with any specifics and then circle **SEVERE** **MODERATE** or **MINOR**

- | | | | |
|----------|---------------|-----------------|--------------|
| 1. _____ | SEVERE | MODERATE | MINOR |
| 2. _____ | SEVERE | MODERATE | MINOR |
| 3. _____ | SEVERE | MODERATE | MINOR |
| 4. _____ | SEVERE | MODERATE | MINOR |
| 5. _____ | SEVERE | MODERATE | MINOR |

Action Plan

Signs and Symptoms: _____

Please lay out the steps of the EAP: _____

Emergency Contacts: _____

Unsafe Snacks: Using the list provided, please list which snacks are unsafe for your child to eat.

- | | | |
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**Parents/Guardians will be responsible for providing extra snacks and treats for when the Youth Department is serving something that is not safe for their camper to eat, when we are serving something other than a listed snack above, or having a special treat. Each camper will have their own labeled bin of safe snacks from home.*

Grain Snacks

- Cheeze-Its (regular and white Cheddar)
- Pop Chips (Sea Salt, Barbeque, Sour Cream and Onion)
- Skinny Pop (White Cheddar, Sweet and Salty, Regular)
- Pirates Booty
- Veggie Straws (Sea Salt and Tangy Ranch)
- Veggie Puffs (Sour Cream and Onion, White Cheddar, Barbeque)
- Goldfish (Rainbow or Flavor Blasted)
- Lance Crackers (Cheddar Crackers w/Cheese, Cheddar Crackers w/ Peanut Butter)
- Snyder's Pretzels
- Sun Chips (Original, Harvest Cheddar, French Onion, Garden Salsa)
- Rice Crisps (Apple Cinnamon, Caramel, Buttermilk Ranch, Cheddar)
- Quakers Chewy Granola Bars (Chocolate Chip, Peanut Butter Chocolate Chip, Dark Chocolate Chip)
- Belvita Bites (Blueberry, Cinnamon Brown Sugar, Chocolate)
- Cliff Z Bars (Chocolate Brownie, Iced Oatmeal Cookie, Chocolate Chip)
- Lays Potato Chips (Variety)
- Pringles (Regular, Sour Cream & Onion, Cheddar)
- Kar's Trail Mix
- Chex Mix (Regular)
- Gardetto's
- Nutella to Go
- Cereal (Breakfast Only)
- Oreos (Pizza Friday Treat)

Dairy Snacks

- Frigo or Member's Mark Cheese Sticks
- Yoplait GoGurt (Strawberry & Mixed Berry)
- Danon Danimals (Strawberry & Strawberry Banana)
- Snack Pack Pudding Cups (Chocolate & Vanilla)
- Milk (Breakfast Only)

Fruit Snacks

- Motts Applesauce
- Members Mark Applesauce
- Dole Mixed Fruit Cups (Peaches, Mandarin Oranges, Mixed Fruit)
- Members Mark Fruit Cups (Peaches, Mandarin Oranges)
- Apple & Eve Juice Boxes
- Raisins

Other

- Motts Fruitsnacks
- Gushers
- Fruit Roll-Ups