Paul Smith's College
THE COLLEGE OF THE ADIRONDACKS

2010 Adirondack Experience

Dietary and Nutritional Information

Student's Name:_____

I am able to consume the following without fear of allergic reactions or personal guilt, etc.

Please check:

☐ Vegetables	☐ fruit	☐ grains
☐ Dairy products	☐ tofu	☐ beef products
☐ Pork products	☐ fish	☐ shell fish
☐ Nuts	☐ eggs	☐ whole wheat bread

Please indicate any food/beverage allergies that you might have, as well as foods that you prefer to avoid below:

Date:_____

Please return via fax: (518) 327-6545;
or email: jtucker@paulsmiths.edu or mail:

Jim Tucker, Recreation & Intramural Coordinator
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