**Food Allergies and /or Intolerances and Other Special Dietary Requirements**

Place a tick into the tables below to identify your food allergy or intolerance and/or non-allergen dietary requirement. If your allergy or non-allergen requirements are not included in the tables below, please expand the appropriate ‘Other’ Section.

**Name:**

**Station(s) / Ship visiting or working on:**

**Start date: End Date:**

|  |  |  |
| --- | --- | --- |
| **Allergen** | **Allergic** | **Intolerant** |
| Celery |  |  |
| Crustaceans |  |  |
| Eggs |  |  |
| Fish |  |  |
| Gluten |  |  |
| Lupin |  |  |
| Milk |  |  |
| Molluscs |  |  |
| Mustard |  |  |
| Peanuts |  |  |
| Sesame Seeds |  |  |
| Soya |  |  |
| Sulphur Dioxide |  |  |
| Tree Nuts |  |  |
| Wheat |  |  |
| Other |  |  |

|  |  |
| --- | --- |
| **Non- Allergen Dietary Requirement** |  |
| Vegetarian |  |
| Vegan |  |
| Pescatarian |  |
| Kosher |  |
| Halal |  |
| Other |  |

I have **no** food allergies, intolerances, or dietary requirements

**Upon arrival at station or ship, please ensure you follow up with your food restrictions with the Chef, Station Leader or Purser (Ship).**