



Dietary & Food Sensitivity Questionnaire

Student Name _____ Course # _____

During the enrollment process, you indicated you have a special diet requirement or food allergy. Please answer the following questions so we may understand your consideration. Please recognize that this form is not to make provisions for food preferences. Specialized diets such as wheat and gluten allergies, vegan or nut allergies may require a participant to bring supplemental foods. Outward Bound will contact you if you need to bring supplemental food items.

1. Do any of these apply to you? Please check any that apply:

- | | | |
|---|-------------------------------------|---|
| <input type="checkbox"/> Lactose Intolerance | <input type="checkbox"/> Vegan | <input type="checkbox"/> Other (Please explain) |
| <input type="checkbox"/> Gluten Intolerance (Gluten Free) | <input type="checkbox"/> Kosher | |
| <input type="checkbox"/> Wheat Intolerance (Wheat Free) | <input type="checkbox"/> Nut free | |
| <input type="checkbox"/> Vegetarian | <input type="checkbox"/> No Seafood | |

2. Please describe what specific dietary needs you have? Please provide the reason for these considerations. Be specific (i.e. diabetes, allergies, personal choice).

3. Please list food(s) you do not or are not able to eat.

Food	Reaction if Eaten	Sensitivity (amount that causes reaction)

4. What would result if your diet is not followed?

5. Do you require a specialized schedule for meals and snacks? No Yes If yes, please describe.

Dietary & Food Sensitivity Questionnaire

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6. What food(s) are you allergic to?

7. What reaction do you have to this food(s)?

8. When did you last have a reaction? Why did it occur?

9. Do you react if:

You ingest the food?

Yes No

You touch the food?

Yes No

The food is in close proximity?

Yes No

***Please explain all "Yes" answers

10. Do you use any medications to treat the reaction or symptoms? No Yes If Yes, please describe.

11. What do you use as a substitute? Please include the brand name.

12. Are you willing to bring your own food(s) as a supplement? No Yes

13. Can one of our Program Staff contact you directly? No Yes

If yes:

Best day/time to reach you: _____

Most reliable phone number: _____

Food Ingredients List

PLEASE USE THE FOLLOWING LIST TO LET US KNOW WHAT YOU CANNOT OR WILL NOT CONSUME
BY CHECKING THE APPROPRIATE BOXES.

Ingredient Key

G = Gluten

W = Wheat

M = Milk

Ch = Cheese

S = Soy

O = Oats

C = Coloring

P = Peanuts

D = Dairy

SE = Shared Equipment

F = Fructose, Corn Syrup

	Product	Allergy Combo	Ingredients
	Alfredo Pasta sauce mix	M,Ch,D,E	Romano cheese (skim milk, bacterial culture, salt, enzymes), rice flour, dehydrated whey, salt, dehydrated garlic, dehydrated onion, spices, dried egg yolk
	Bisquick	G,W,M,D,E,S	Enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and/or cotton seed oil, leavening (baking soda, soda aluminum phosphate, monocalcium phosphate), milk, salt, buttermilk, egg yolk, defatted soy flour. Contains wheat, milk, egg, and soy ingredients.
	Black Beans		Black Beans
	Blanched Virginia Peanuts	P	Peanuts roasted in cottonseed oil, salt.
	Blueberry fruit bars	G,W,S,O,SE-PD	Dough: (Whole wheat flour, organic evaporated cane juice, non-hydrogenated canola oil, brown rice syrup, caramel color, apple fiber, sea salt, citric acid, baking soda, lecithin, baking powder). Filling: (Brown rice syrup, fig paste, blueberry paste, organic evaporated cane juice, rolled oats, molasses, natural flavors, citric acid, sea salt). **Contains: Wheat and Soy Ingredients. **Manufactured on shared equipment with peanut and dairy products.
	Blueberry and Cream Cereal	S,O	Oats, grape concentrate, canola oil, freeze dried blueberries, oat syrup, natural blueberry flavor, oat bran, soy milk powder, natural vitamin E.
	Bread: Bagels	G,W,F	enriched flour, water, high fructose corn syrup, wheat gluten, salt, yeast, rice flour, calcium and potassium iodate, azodicarbonamide, enzymes, mono- and diglycerides, cornstarch, asorbic acid, soy lecithin, sulfating agent.
	Bread: Leadbread	G,W,F,F	oats, vegetable oil, honey, salt, corn syrup, water, whole wheat flour, rye flour, white flour.
	Bread: Pitas	G,W	whole wheat flour, flour, water, yeast, salt, sugar, calcium propionate.
	Bread: Tortillas	G,W	spring wheat flour, vegetable shortening, salt, baking powder, water, calcium propionate.
	Brown Rice		Brown Rice (precooked long grain brown rice).

	Butter Toffee Peanuts	P,C	Peanuts , sugar, butter, salt, natural and artificial flavors, propylene glycol, vegetable gums, color added (red #40, caramel) citric acid, sodium benzoate, lecithin
	Canned Chicken Breast	G,W	Chicken breast meat, water, seasoning (salt, chicken broth and flavors), modified food starch , and sodium phosphates.
	Cheddar Cheese	M,Ch,D	pasteurized milk , cheese cultures, salt, enzymes.
	Cheddar Cheese Powder	M,Ch,D,C	Cheddar cheese (milk , salt, cheese, cultures, enzymes), milk , partially hydrogenated soybean oil, maltodextrin, reduced lactose milk , salt, disodium phosphate, blue cheese (milk , salt, cheese cultures , enzymes), nonfat dry milk , citric acid, artificial color (including FD&C Yellow #5, FD&C Yellow # 6 .
	Cheese Cake	G,W,M,D,F	Filling (nonfat dry milk , sugar, corn syrup solids , partially hydrogenated coconut and palm kernel oils, cream cheese solids , dried buttermilk , modified food starch , natural gums, sodium phosphates, natural and artificial flavors, yellow #5 & #6 , graham cracker crumbs (enriched wheat flour , graham flour, high fructose corn syrup , leavening [baking soda, monocalcium phosphate], dairy milk , salt, honey)
	Chicken Breast	G,W	Chicken breast meat, water, seasoning (salt, modified food starch , sodium phosphates, chicken broth and natural flavors)
	Chili mix	G,W,S	black beans, pinto beans, onions, jalapeno peppers, spices, salt, canola oil, yeast extract, citric acid, bulgur, tomatoes, garlic, potatoes, celery, red bell peppers, cornmeal, barley , vinegar, soy sauce powder , brown rice syrup powder, soy protein concentrate .
	Chunk Light Tuna	S	Chunk light tuna, spring water, hydrolyzed soy protein , vegetable broth, salt.
	Chunky Peanut Butter	P,S	Peanuts , sugar, hydrogenated vegetable oil, grape seed, cottonseed, soybeans , salt, molasses, mono and diglycerides.
	Classic Fruit Punch	F,C	Sugar, corn sugar , citric acid, sodium citrate, ascorbic acid (Vitamin C), red 40 , natural and artificial flavor, modified corn, starch, gum arabic, titanium dioxide, red 40 lake, blue 1 .
	Classic Lemonade	C	Sugar, citric acid, sodium citrate, ascorbic acid (Vitamin C), Natural flavor, modified corn starch, gum arabic, titanium dioxide, yellow 5 lake, yellow 6 lake .
	Classic Pink Lemonade	F,C	Sugar, corn sugar , citric acid, sodium citrate, ascorbic acid Vitamin C, natural, natural flavor, modified corn starch, gum arabic, titanium dioxide, red 40 lake, red 40 .
	Cocoa Mix	M,D,F	Sugar, milk solids, cocoa powder, alkali non fat dry milk , vegetable fat, corn syrup , solids, salt, cellulose gum, Tricalcium phosphate and sodium silico aluminate, sodium casseinat, dipotassium phosphate, mono and diglycerides, carrageenan, artificial flavor and color .
	Corn Meal		Yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid.
	Cornnuts		corn, partially hydrogenated vegetable oil, salt.
	Cracker: Animal crackers	M,D,F,S	enriched flour , riboflavin, sugar, partially hydrogenated soybean oil , high fructose corn syrup , salt, sodium bicarbonate, soy lecithin , natural flavor, spices, nonfat milk .

	Cracker: Graham crackers	G,W,S,F	enriched flour, whole wheat flour, sugar, soybean oil, molasses, high fructose corn syrup, partially hydrogenated cottonseed oil, baking soda, calcium phosphate, salt, soy lecithin.
	Cream cheese	M,Ch,D	Pasteurized milk and cream, cheese cultures, salt, carob bean, xanthan gum.
	Creamy Peanut Butter	P	Peanuts, sugar, hydrogenated vegetable oil, salt, molasses, mono and diglycerides.
	Curry Lentil Soup		Precooked lentils, sea salt, curry spices and herbs, onions, garlic
	Dark Raisins	P	Raisins (treated with sulfur dioxide) and peanuts.
	Drink Mix: Orange	F,C	Corn sugar, sugar, citric acid, natural flavor, aspartame, asorbic acid, maltodextrin, gum Arabic, titanium dioxide, yellow 6.
	Egg Mix	M,D,E,S	Whole eggs, non fat milk, vegetable oil (soybean or corn oil), salt.
	Extra Rich Mashed Potatoes	M,D,S,C	Potato (Dry), Maltodextrin, Shortening Powder (Partially Hydrogenated Soybean Oil, Lactose, Sodium Caseinate, Dipotassium Phosphate), Partially Hydrogenated Vegetable Oil (Soybean, Cottonseed), Vegetable Mono and Diglycerides, Natural and Artificial Flavor, Artificial Color.
	Fiesta Mix	G,W,M,Ch,D,S,P	Unbleached wheat flour, cornmeal, sesame seeds, bulgur wheat, cheddar and romano cheese, spices, salt, onion, garlic, dehydrated green peppers and tomato, yeast, sour cream, sugar, citric acid, lactic acid, monosodium glutamate, nonfat milk, malto dextrin, honey lactose, beet powder, corn oil, partially hydrogenated soybean oil and artificial color and peanuts.
	Fig newtons	G,W,M,D,S,F	enriched flour, figs, sugar, corn syrup, high fructose corn syrup, soybean oil, partially hydrogenated cottonseed oil, milk (milk), salt, baking soda, calcium lactate, malic acid, soy lecithin, potassium sorbate, natural flavor.
	Fishing'N Hunting Snack	G,WM,Ch,D,S,P,C	Peanuts, cashews, almonds, partially hydrogenated vegetable oil, unbleached wheat flour, corn flour, enriched wheat flour, rice, rye flour, sesame seeds, bulgur wheat, wheat start, honey, beet powder, tumeric, butter, soy sauce, sugar, corn syrup, chicken flavor, cheddar cheese, process cheddar cheese, disodium phosphate, lactic acid, chili oil, ground caraway, baking soda, cream of tartar, citric acid, hydrolyzed vegetable protein onion, potato flour, barley malt flour, tomato, red and green bell peppers, paprika, milk, vinegar, malic acid, malt, sour cream, torula yeast, lecithin, maltodextrin, natural and artificial flavors, color added (red #40, red#3, yellow#6, caramel, annatto), disodium inosinate, silicon dioxide
	Fried Green Peas	C	Green peas, salt, palm oil, artificial color yellow #5, blue #1
	Gorp	M,D,F,S,C,P	Peanuts, raisins, walnuts, sugar, cocoa, partially hydrogenated vegetable oil, (cottonseed and/or sunflower seed and/or soybean and/or palm), milk, nonfat milk solids, corn syrup, artificial colors(FD&C #5 & #2, FD&C blue #1 & #2, FD& C red #3, titanium dioxide), Lecithin, salt and vanillan an artificial flavor and peanuts.

	Granola bars: Winter	G,W,M,D,F,O	butter, corn syrup, vanilla, brown sugar, milk, cinnamon, <u>wheat germ</u> , oats.
	Granola: Cinnamon apple	G,W,S,O	Rolled Oats, Rolled Wheat, Brown Sugar, Soya Oil, Sunflower Seeds, Honey, Cinnamon Apple Chips, Soya Nuts, White Hauled Sesame Seed, Apple Extract, Lecithin
	Granola: Wild Blueberry	G,W,S,O	Rolled Oats, Rolled Wheat, Brown Sugar, Soya Oil, Sunflower Seeds, Honey, Dehydrated blueberries, Soya Nuts, White Hauled Sesame Seed, Blueberry Extract, Lecithin
	Granola: Coconut Almond	G,W,S,O	Rolled Oats, Rolled Wheat, Brown Sugar, Soya Oil, Sunflower Seeds, Honey, Coconut, Soya Nuts, Almonds, White Hauled Sesame Seed, Vanilla Extract, Lecithin
	Granola: Cranberry Apricot	G,W,S,O	Rolled Oats, Rolled Wheat, Brown Sugar, Soya Oil, Honey, Cranberries, Apricots, Sunflower Seeds, Soya Nuts, Vanilla Extract, Lecithin
	Granola: Maple Pecan	G,W,S,O	Rolled Oats, Rolled Wheat, Brown Sugar, Soya Oil, Pecan, Honey, Sunflower Seeds, Soya Nuts, Maple Syrup, Vanilla Extract, Lecithin
	Granola: Raisin Hazelnut	G,W,S,O	Rolled Oats, Rolled Wheat, Brown Sugar, Raisins, Soya Oil, Honey, Sunflower Seeds, Hazelnuts, Soya Nuts, Vanilla Extract, Lecithin
	Granola: Vanilla Almond	G,W,S,O	Rolled Oats, Rolled Wheat, Brown Sugar, Soya Oil, Sunflower Seeds, Honey, Oat Bran, White Hauled Sesame Seed, Soya Nuts, Almonds, Vanilla Extract, Lecithin
	Grapenuts	G,W	<u>whole wheat flour</u> , malted barley flour, salt, yeast.
	Honey Mustard & Onion Sticks	G,W,M,D	<u>Unbleached wheat flour</u> , expeller pressed oil, <u>bulgur wheat</u> , sesame seeds, onion powder, salt, sugar, dried mustard (distilled vinegar, spice, salt, maltodextrin, <u>modified food starch</u> , tumeric), milk, lactose, dextrose, dried honey, onion powder, spice, <u>wheat starch</u> , garlic powder, sodium diacetate citric acid, horseradish powder, natural flavor and tumeric
	Jam, strawberry	F	Strawberries, Corn syrup, High fructose corn syrup, Sugar, Pectin, Citric acid, Grape Juice, Concentrate added for color, Natural flavor
	Jelly: Blackberry		Blackberries, sugar, pectin, and citric acid.
	Jelly: Grape	F	Grape juice, <u>High fructose corn syrup</u> , Corn syrup, Pectin, Citric acid, Sodium citrate
	Jerry's Favorite	M,D,F,C,P	Raisins, <u>peanuts</u> , cashews, sugar, cocoa, partially hydrogenated vegetable oil, (cottonseed and/or sunflower seed and/or <u>soybean</u> and/or palm), milk, nonfat <u>milk solids</u> , <u>corn syrup</u> , <u>artificial colors</u> (FD&C #5 & #2, FD&C blue #1 & #2, FD&C red #3, titanium dioxide), Lecithin, salt and vanillin an artificial flavor and <u>peanuts</u> .
	Lemonade Drink Mix	C	Sugar, citric acid, tricalcium phosphate, natural flavor, ascorbic acid (vitamin C), malodextrin, gum Arabic, titanium dioxide, <u>yellow #5</u>
	Light Tuna in Water	S	Light Tuna, Water, Vegetable Broth (Contains <u>Soy</u>), Salt.
	Lipton Tea		Orange pekoe and black tea

	M&M's	M,D,S,C	Milk chocolate (sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), sugar, cornstarch, less than 1% corn syrup, gum acacia, coloring (includes red 40 lake, yellow 6, yellow 5, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake), dextrin
	Mayo	S,E	soybean oil, white vinegar, eggs, water, salt, sugar, mustard flour, onion powder, lemon juice, calcium disodium.
	Mixed Fruit Deluxe	P	Prunes, pears, apricots, apples, peaches all prepared with sulfur dioxide, processed in a facility that also processes peanuts.
	Munchie Mix	G,W,M,Ch,D,P	Blanched Virginia peanuts (roasted in cottonseed oil). Sunflower kernels, dark raisins, corn nuts (corn, vegetable oil and salt), sesame sticks (unbleached wheat flour, partially hydrogenated vegetable oil, sesame seeds, bulgar wheat, salt, rice starch, beet powder and tumeric), cheddar sticks (unbleached wheat flour, soybean oil, bulgar wheat, sesame seeds, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, disodium phosphate and annato vegetable color and citric acid), cashews (roasted in cottonseed oil) and peanuts.
	Nut Snack Mix	G,W,Ch,D,P	Wheat flour, peanuts, sesame seeds, cheddar cheese, salt, malt, yeast, citric acid, annato vegetable color, coconut oil and/or corn oil peanuts.
	Oats (Rolled)	O	Rolled Oats
	Oriental Mix	G,W,S,P	Peanuts, Peanuts oil, and/or coconut oil, sesame sticks (wheat flour, sesame seeds, bulgur wheat, beet powder, tumeric, vegetable oil) green peas (palm oil, salt, US certified color), rice crackers (rice, soybeans, wheat, salt, sugar, chili, monosodium glutamate) and peanuts.
	Original Hummus		Precooked dehydrated garbanzo bean flour, sesame tahini, salt, dehydrated garlic, extra virgin olive oil, spices (cumin, chili pepper, white pepper), sea salt, citric acid, lemon juice powder (malodextrin, citric acid, tocopherol), non-FMO expeller-pressed toasted sesame oil, lemon oil, rosemary extract.
	Parmesan	M,Ch,D	part skim pasteurized milk, cheese cultures, salt, rennet, milk.
	Party mix	G,W,S	Sesame stix unbleached flour, sesame seeds, bulgur, soy isolates, beet juice, tumeric), brazil nuts, corn nuts, roasted cashews, roasted almonds, vegetable oil, sea salt
	Pasta La Bella (vegetable)	G,W	Durum semolina, spinach powder, tomato powder, niacin, ferrous sulfate, iron, thiamin, mononitrate, riboflavin.
	Pasta Passion Pesto Genovese	M,D	Dehydrated, milk, basil, garlic, salt, parsley, guar gum, spices.
	Peach Apricot Fruit Bars	G,W,O,S,P	Dough: (Whole wheat flour, organic evaporated cane juice, non-hydrogenated canola oil, brown rice syrup, caramel color, apple fiber, sea salt, citric acid, baking soda, lecithin, baking powder). Filling: (brown rice syrup, fig paste, apricot paste, evaporated cane juice, rolled oats, peach paste, molasses, citric acid, sea salt. **Contains: Wheat and Soy Ingredients.

			**Manufactured on shared equipment with peanut and dairy products .
	Penne Rigate	G,W	Durum wheat semolina , (enriched with iron [ferrous sulfate] and B vitamins[niacin, thiamin mononitrate, riboflavin, folic acid])
	Pink Lemonade Drink Mix	C	Sugar, citric acid, tricalcium phosphate, natural flavor, ascorbic acid (vitamin C), malodextrin, gum Arabic, titanium dioxide, red #40
	Potato Mix	S,C	Potatoes, maltodextrin, salt, partially hydrogenated vegetable oil (soybean and cottonseed), mono and diglycerides, artificial color and flavor, sodium bisulfate, BHT.
	Powdered Egg Mix	M,D,E	Egg whites, Egg yolks, butter sauce (modified corn starch, salt, why solids, non-fat dry milk , dehydrated butter , natural butter flavor, sugar, xanthum gum, lactic acid, turmeric and annatto), sour cream (cultured cream , nonfat milk), pepper.
	Pretzels	G,W	enriched flour , salt, malt , yeast, baking soda.
	Prospectors Mix	G,W,S,O,P	Peanuts (roasted in cottonseed oil), pistachios, dark raisins, golden raisins (prepared with sulfur dioxide), almonds, oat bran sesame sticks (unbleached wheat flour , partially hydrogenated soybean oil, sesame seeds, oat bran, bulgar wheat , salt rice, starch , tumeric and beet powder) and peanuts .
	Rainbow rotini	G,W	Durum wheat semolina , (enriched with iron [ferrous sulfate] and B vitamins[niacin, thiamin mononitrate, riboflavin, folic acid]), tomato solids, dried spinach
	Raspberry fruit bars	G,W,O,S,SE	Dough: (Whole wheat flour, organic evaporated cane juice, non-hydrogenated canola oil, brown rice syrup, caramel color , apple fiber, sea salt, citric acid, baking soda, lecithin, baking powder). Filling: (Brown rice syrup, fig paste, raspberry paste, organic evaporated cane juice, rolled oats , molasses, natural flavors, citric acid, sea salt). **Contains: Wheat and Soy Ingredients. **Manufactured on shared equipment with peanut and dairy products.
	Refried Beans	C	Pinto beans, partially hydrogenated corn oil, TBHQ salt, calcium, chloride, artificial color , red 40 .
	Royal Kreem Crackers/ Pilot Biscuits	G,W,M,D,F	Enriched flour (wheat flour , niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), vegetable shortening (contains one or more of the following partially hydrogenated, oils: soybean , canola cottonseed), sugar, corn syrup , milk , leavening (sodium bicarbonate, mono calcium phosphate, ammonium bicarbonate), salt.
	Seasoning Mix	G,W,M,D,S	Monosodium glutamate, onion powder, dehydrated vegetables (mushrooms, parsley, hydrolyzed corn wheat gluten , hydrolyzed soy corn and wheat protein , non-dairy creamer (corn syrup solids , partially hydrogenated soy oil, sodium caseinate , (a milk derivative) dipotassium phosphate, mono and diglycerideo) sugar, garlic powder, chicken fat, pork powder, natural flavors, disodium guanylate, disodium inosinate.

	Seasoning Mix	G,W,M,Ch,D,SF,C, P	<u>Wheat flour</u> , stone ground corn, sesame seeds, partially hydrated cheddar cheese, soybean oil, yeast, salt, onion and garlic powder, tomato powder, non-fat dry milk, milk, natural and artificial flavorings, monosodium glutamate, extractives of turmeric, paprika, citric acid and annatto vegetable color, artificial colors including FD&C yellow 5 and 6 lake and peanuts.
	Sesame Sticks	G,W,S	<u>wheat flour</u> , soybean oil, sesame seeds, bulgur wheat, salt, beet powder, turmeric.
	Soy milk	G,W,S	tofu, modified food starch, sunflower oil, calcium blend, sea salt, guar gum, xanthan gum, mono- and diglycerides (vegetable).
	Spaghetti	W	<u>Durum wheat semolina</u> , niacin iron lactate, thiamin mononitrate riboflavin, folic acid.
	Spicy Salsa	G,W,M,D,S,P	Tomato, onion, green chili pepper, potato starch, jalapeno chili pepper, salt, sugar, new mexico chili pepper, maltodextrin, garlic, cumin seed, oregano, cayenne pepper ** Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients
	Stone ground wheat crackers	G,W,M,D,S,P	Organic wheat flour, organic cracked wheat, organic oils (sunflower, safflower, and/or palm fruit oil), sea salt, yeast, baking soda, organic malt extract, natural vitamin # to protect flavor **May Contain: soy, milk, egg, peanuts and tree nuts
	Strawberry and Cream Cereal	S,O	Oats, grape concentrate, canola oil, natural strawberry flavor, oat syrup, freeze-dried strawberries, oat bran, soy milk powder, natural vitamin E.
	Summer Sausage		Beef and pork, salt, spices, sugar, hickory smoke flavoring, lactic acid starter culture, sodium nitrate
	Sunflower Kernels Shelled	P	Sunflower seeds roasted in cottonseed oil, salt and peanuts.
	Super Chunk Peanut butter	P	Roasted peanuts, sugar, palm oil, salt
	Thai Sauce	G,W,S,F	Soy sauce (soybeans, salt maltodextrin), sesame seeds, onion powder, fructose, coriander, red chilies, cumin.
	Thin Spaghetti	G,W	Durum wheat semolina, (enriched with iron [ferrous sulfate] and B vitamins[niacin, thiamin mononitrate, riboflavin, folic acid])
	Tofu	S	water, soybeans, isolated soy protein, gluconolactone, calcium chloride.
	Tomato Powder	G,W,M,D,S,P	Tomato powder, silicon dioxide ** Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients

	Top Ramen- Beef	G,W,S	ramen noodles- Enriched flour (wheat flour , niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil) contains less than 2% of salt, sodium tri polyphosphate potassium carbonate, sodium carbonate, sodium alginate, tocopherols. Seasoning mix: Salt, hydrolyzed soy , wheat and corn protein, monosodium glutamate, soy sauce powder, (maltodextrin salt, soybeans , wheat), caramel color, spices, dehydrated onions, hydrolyzed corn aotolyzed yeast extract, garlic powder, beef powder, natural flavor beef fat, disodium guanylate, disodium inosinate.
	Top Ramen-Chicken	G,W	ramen noodles- enriched flour (wheat flour , niacin, reduced iron, thiamin mono nitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil) contains less than 2% of salt, sodium tri polyphosphate potassium carbonate, sodium carbonate, sodium alginate, tocopherols.
	Top Ramen-Pork	G,W	ramen noodles- Enriched flour (wheat flour , niacin, reduced iron, thiamin mono nitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (contains one or more of the following: canal oil, cottonseed oil, palm oil) contains less than 2% of salt, sodium tri polyphosphate potassium carbonate, sodium carbonate, sodium alginate, tocopherols.
	Trail Mix	S,P	Raw sunflower seeds, coconut, roasted peanuts , raisins, roasted soy nuts, raw almonds, golden raisins, cashews, raw pepitas, vegetable oil, sea salt, sulphur dioxide
	Tuna	S	tuna, water, vegetable broth (carrot, celery, soy), salt.
	Unblanched Almonds	P	Almonds, cottonseed oil, salt and peanuts .
	Vegetable blend	G,W,M,D,S	Tomato, onion, green and red bell pepper **Produced in a facility that processes peanuts, milk, soy, wheat, gluten. egg and tree nut ingredients