



5035 Slickrock Dr • Colorado Springs, CO 80923  
310-774-6191 • Healingwheelholistic.com

## ALLERGEN NOTIFICATION

### Allergens:

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, and fish. We take all steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination is something we are very careful about when we know someone has a food allergy. It is for this reason that we do not allow anyone but kitchen staff to access the main kitchen during the duration of our retreats. We want to protect everyone.

### Facilities:

Our facilities are not certified food allergen or gluten-free. Customers with serious food allergies or other nutritional concerns are advised to notify our chef, Russell Crouch and Melissa Caiyem of Healing Wheel Holistic, LLC. Food Handler safety permit #11B7ii-j47dbed.

## ALLERGEN QUESTIONNAIRE

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

1. Do you have a diagnosis of an allergy from a healthcare provider?

Yes  No

2. History and Current Status:

A. What are you allergic to?

Peanut  Insect Stings  Eggs  Fish/Shellfish  Dairy  Chemicals  Latex  Soy   
Tree Nuts Wheat  Other \_\_\_\_\_

B. Symptom(s) of allergic reaction:

C. Please check the symptoms that you have experienced in the past:

Skin:  Hives  Itching  Rash  Flushing

Swelling Mouth:  Itching  Swelling

Abdominal:  Nausea  Cramps  Vomiting  Diarrhea

Throat:  Itching  Tightness  Cough  Hoarseness

Lungs:  Shortness of Breath  Repetitive Cough

Heart:  Weak Pulse  Loss of Consciousness



**3. Treatment:**

A. Have you ever required an EpiPen?  Yes  No

B. How effective was your response to treatment? \_\_\_\_\_

C. Do you carry an EpiPen?

Yes  No

**4. Do you have any other special medical requirements or need any mobility accommodations:**

Yes  No

**Description:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_