Food Cheat Sheet

Crew Morning Drinks:

_____ _____

_____ _____

_____ _____

_____ _____

Trip Food Allergies and Preferences:

NAME	U/L/F	FOOD (S)	ALLERGY(s)	x-contam.?	Preference(s)

Note: * Don't forget the crew and if the trip dietary stuff is complicated, consider keeping this sheet with the HC not in the comm box (for shopping and lunch accessibility).