



We try to accommodate all individual needs within the context of the group process.
We will practice service to each other through the preparation of meals throughout the course
and clearly identifying individual intolerances is an important part of this.

Livtar Kaur takes the lead in supporting food related issues.

Please notify her of any food intolerances you may have.

Name

Phone number

Email

1. Do you have any intolerances? If so what?

2. Do you have any allergies? If so what and do you have any medication?

3. Would you like any advice or guidance re the food at Ufton?

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