



## **SPECIAL DIETARY REQUESTS / ALLERGIES** updated81522

Special dietary requests must be submitted to: [peggy.martinez@interact-travel.com](mailto:peggy.martinez@interact-travel.com) no later than 125 days prior to travel. E-mail body, Excel, Word, PDF, or GoogleDoc (or similar) are acceptable.

If the request is medical, submit a doctor/medical note. It also assists to include a list of food that should not be consumed. Be specific.

As a reminder, review p.4, Preguntas (Special Dietary Request/Allergies) and number 12 in the agreement & release.

Once the request is received, Interact will submit the information to the operators.

To further assist, prepare by taking the following measures:

- The student participant and the Organizing Teacher should carry a copy of the information in Spanish specifying the foods that can and cannot be consumed.
- Be prepared to remind staff multiple times after arrival. (Guides, hotels/homestay family and any provider supplying the meal).
- Carry pre-packaged food items or cash to purchase food/special meals directly. If ever in doubt of the food served, this provides another option for you.