



# Food Sign Up Form

## Event Information

Event Name Premiere Properties HOA Barbecue  
Date May 25, 2019 Time 1 pm – 5 pm  
Location Community Pool

## Coordinator Information

Name Georgina Smith – HOA secretary  
Phone 555-0643  
Email sec@hoa.premiereproperties@fakemailsrus.com

## Acceptable Foods

Fresh fruits (nothing canned)

Frozen fruits (as long as it does not contain added sugar, artificial colors or flavors)

Meat

- Please don't bring any!!!! Some members of our community are vegan and might find the presence of red meat offensive.

Meat alternatives

Bean burger patties

- Black beans
- Pinto beans
- Garbanzo beans

Burger Fixings – Please make sure to slice it before you bring it!!!



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- Tomato slices
- Onion slices
- Mushrooms
- Lettuce
- Remember NO CHEESE!!!!

### Condiments

- All salad dressings must be sugar and dairy free!!!
- Sugar-free ketchup
- Sugar-free mustard
- Sugar-free relish

### Salad

- Please do NOT bring pasta salad, macaroni salad, or potato salad
- All salad dressings must be DAIRY FREE and SUGAR FREE

### Side Dishes

- Please do NOT bring potato chips, crackers, or anything that is high in carbohydrates, sugar, made with flour, contains gluten, or anything that isn't vegan.

### Desserts

- Please do NOT bring anything that contains eggs, egg whites, nuts, sugar, or gluten.

Judy van Wench has a Pinterest board with sugar free, gluten free, dairy free, nut free, vegan-friendly dish ideas. You can access her Pinterest board by visiting her website: [vanwenchcooksvegan.com](http://vanwenchcooksvegan.com)



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