



DIETARY RESTRICTIONS

A RESOURCE FOR PARENTS & GUARDIANS

Which campers receive a special meal option at Camp?

Many food allergies or dietary conditions will still allow campers to eat from our regular menu. For example, campers with allergies to peanuts, food dyes and shellfish don't require a special meal plan because those food items don't appear in our regular menu (e.g., peanuts) or the food item can easily be avoided using the camper's own discretion (e.g., drink water instead of juice at meals or avoid caesar salad). The same goes for picky eaters or campers with eating disorders. We handle these types of situations at the cabin-leader level and it doesn't involve our dietary specialists. Our team will review each camper's medical form and determine if a special meal plan with dietary restrictions is necessary during their time at Camp.

Who makes the meals?

Our kitchens are managed by our year-round Food Services Manager. We hire seasonal Dietary Specialists, who are typically students studying Nutrition and Food Management, to prepare these meals.

What precautions are taken while making the meals?

Our team works hard to ensure food is prepared safely and to reduce cross-contamination. This starts with our Dietary Specialists working with a dedicated workspace, dishware, utensils and cooking equipment to prepare food independently of the regular menu. We also categorize people with dietary restrictions into similar menu streams and prepare meals in batches moving from high-risk to low-risk groups. For example, we prepare food for people with a celiac condition, and then those with dairy sensitivity and then those who are preferentially vegetarian - cleaning the workspace/cookware between groups. We also incorporate restriction-friendly ingredients into our standard menu to reduce the need for substitutes; for example, vegan margarine, dairy-free chocolate chips and no peanuts!

Where are the meals prepared and how are they delivered?

Meals with dietary restrictions are packed into individual clamshell containers. We use a sticker system to label each clamshell with the camper's name, program and dietary restriction(s). Clamshells are then organized by program and delivered by the Dietary Specialists to other kitchens. When finished, clamshells are sent through the dishwasher and re-used for future meals.

How do the clamshells work with family-style meals?

Campers on our standard menu eat family style with portions served at the table. We encourage campers with dietary restrictions to eat only the items in their clamshell. Other than drinks, we will pack all elements of the meal into their clamshell. To ensure campers have lots to eat, we pack a double portion.



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What about eating snacks outside of meals?

Campers with dietary restrictions will receive their evening snack in a baggie labelled with their name and dietary restrictions. When campers buy snacks from the tuck shop they are responsible for picking items that align with their restrictions (our team is always available to help).

How do you handle peanut (and other severe) allergies?

We consider Camp to be a “peanut-aware” facility but not peanut free. We do not knowingly serve food that contains peanuts from our kitchens or tuck shops but we do permit the use of products that list “may contain traces of peanut products” in the ingredients. We request that campers, staff and guests do not bring products containing peanuts onto our facility and our team is instructed to remove them if found. [Read our entire peanut policy here.](#) All other food allergies, regardless of their severity, are handled at the individual level during meal preparation. We are unable to make “facility-wide” or “kitchen-wide” changes to accommodate other severe allergies such as removing a particular food item or ingredient from our regular menu. If you think your child falls into this category, please contact us before registering so we can ensure our team can accommodate their dietary restrictions.

How do you handle ___ allergy or dietary restriction?

Wherever possible, our special diet menus parallel our standard diet menu for simplicity and so campers feel like they are eating similar meals to other campers. If you don't see your restriction here, contact us!

Allergy/Restriction	How We Handle the Allergy/Restriction
<ul style="list-style-type: none">● Gluten sensitivity● Gluten free● Celiac	Gluten-free menu
<ul style="list-style-type: none">● Vegetarian● Pescetarian● Hallel● No pork diet	Vegetarian menu
<ul style="list-style-type: none">● Lactose intolerant● Dairy free	Dairy-free menu
<ul style="list-style-type: none">● Dairy sensitivity	If this is a camper's only restriction, <u>they will eat from our regular menu</u> and be asked to self-regulate dairy intake or use medication to reduce effects of dairy. If you would prefer your camper be served our dairy-free menu, please make this clear on their medical form during registration.



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<ul style="list-style-type: none">● Citrus allergies● Vegetable allergies● Legume allergies	These campers receive a custom meal plan with substitutes provided for their specific allergies.
<ul style="list-style-type: none">● Seafood allergies (fish, crustaceans, shellfish, etc.)	If this is a camper's only restriction, <u>they will eat from our regular menu</u> . The only menu item this may impact is Caesar dressing during which meal we will provide an alternative.
<ul style="list-style-type: none">● Nut allergies (peanuts, tree nuts, walnuts, hazelnuts, almonds, cashews, pecans, etc.)	If this is a camper's only restriction, <u>they will eat from our regular menu</u> since our kitchens don't knowingly serve food that contains nuts. We do permit the use of products that list "may contain traces of peanut products" or "may contain traces of nuts" in the ingredients. In addition to this, we request that campers and staff don't bring products containing nuts to our facility.
<ul style="list-style-type: none">● Food-dye allergies	If this is a camper's only restriction, <u>they will eat from our regular menu</u> and be asked not to drink juice during meals or have jello if provided as a dessert.
<ul style="list-style-type: none">● Kiwi allergy● Coconut allergy● Pineapple allergy● Strawberry allergy	If this is a camper's only restriction, <u>they will eat from our regular menu</u> as these fruits aren't used in our regular menu. We serve whole fruit to campers including apples, bananas and oranges throughout the week.
<ul style="list-style-type: none">● Picky eaters● Eating disorders● Low-sugar diets	These conditions are managed at the cabin leader level. In these situations a camper <u>will eat from our regular menu</u> . You will have an opportunity to inform the cabin leader fully regarding how they can support your camper.
<ul style="list-style-type: none">● Diabetes	Our medical team is capable of supporting your camper but a conversation prior to their arrival at Camp would be helpful. Please reach out to our team! Our Dietary Specialists are not not involved at this level of camper care.