

## Food Allergy - Parent Guidelines

Campers with special dietary needs due to allergies is a challenge, especially with the volume of campers being served each meal. In attempt to keep Camp Fees affordable - additional Food Service staff are not hired to cook special meals for the 1-3% of campers with special food needs. However, we want all kids to be able to come to camp regardless of dietary needs. Here's how we can partner to do this:

### Gluten Free Diet

- The Weeks Menu\* will be available the week prior to registered camp week, upon request.  
**Email: [summercamp@gccsda.com](mailto:summercamp@gccsda.com)**
- After viewing the menu, parent can prepare and bring foods to supplement the meals that will be served.
  - Foods should be pre-made & ready to be served (refrigerated or frozen)
  - Items should be put in individual containers.
    - Non-disposable containers can be used – they will be returned in original box at end of the week.
    - When possible, food will be taken out of the container and heated in the microwave on paper plate.
  - Label the containers with following:
    1. Camper's Name
    2. Food Item
    3. Day & Meal it is to be served
  - Bring all the foods in a box with the camper's name on the box.
  - Complete a "Camper Food List" form. Print form at: [www.cs-yc.com](http://www.cs-yc.com), click on Parent/Medical Help & Safety
  - Bring 2 copies of the completed "Camper Food List" to camp. Put 1 copy of the Camper Food List in the box of food and turn in 2<sup>nd</sup> copy of Camper Food List at the Medical Check-In Station. The list includes:
    1. Camper's Name
    2. Food item
    3. Day & Meal it is to be served
    4. Whether food item is refrigerated or frozen
    5. Any special preparation instructions
- Items CSYC will provide:
  - Gluten Free Cereals at Breakfast – i.e. Honey Nut Corn Chex, Apple Cinnamon Rice Chex, Plain Rice Chex, Plain Corn Chex
  - Gluten Free Bread at every meal
  - Gluten Free Pasta when pasta is being served
- At Camper Check-In, go through the "Medication" line at the Medical Check-In Station.
- Turn in your "Camper Food List" to the nurse – she will give you further instructions at that time.
- Complete the Check-In process before taking your food to the Kitchen.

\*Menu may change depending on food availability and delivery.

### Vegan Diet – Due to Allergy

- Milk Alternative such as Soy milk or Almond milk are provided at each Breakfast.
- If camper has a dairy allergy it is recommended to follow the guidelines above in order to insure diet is completely dairy and egg free.

### Vegan Diet – As a Choice

- Milk Alternative such as Soy milk or Almond milk are provided at each Breakfast.
- Breakfast - If scrambled eggs are served, tofu is available upon request.
- Entrees - an alternative option is available upon request, i.e. if lasagna is served – pasta and marinara is available.
- Suppers – If pizza is served, veggie pizza without cheese is available upon request. If sandwiches with cheese are served – a cheeseless sandwich option is available upon request.
- Peanut butter & jelly are available at every meal.
- Commercial Veggie Products are not guaranteed to be vegan.

### Nut Free Diet – Due to Allergy

- Nuts in general are not included in cooking and baking.
- There is no guarantee that pre-made foods, i.e. muffins, cookies, etc. are prepared in a nut-free factory.
- A table with peanut butter is available at every meal – camper will want to avoid this area.
- If camper has severe peanut allergy – camper may eat at a designated "peanut free" table.
- Camper is encouraged to be pro-active in asking whether nuts are included.