

Merriwood Christian Camp

Non-life threatening - Special Diet Policy

- We do not provide a specific gluten-free, dairy-free, vegetarian/vegan, or lactose-free menu option. We ask those with more severe special dietary needs to please call the office ahead of time to discuss our menu for that week and have it emailed to you.
- For those who need to bring additional foods, we ask that the parent please mark out the items the child cannot eat, and write beside it any replacement items you are bringing for your child. (Parents should plan to send along enough substitutes for the child to make sure they are meeting their daily required nutrition amounts with the items Merriwood offers and the items sent as substitutes.) You may bring a like-substitute for items your child may not be able to consume OR simply pack alternate choices that we can provide if there are not enough options at that meal that they are able to consume (i.e. protein bars, etc.)
- Please prepare any foods you bring ahead of time and place them in microwavable containers that our kitchen staff can easily pull out and heat up in a matter of a few minutes. Please do NOT bring us box mixes that need to be prepared. We do not have staff on hand to prepare these box mixes.
 - Example: If you bring a vegetarian burger, please cook/prepare the burger and bring it in a container that can be frozen or refrigerated until the day it's needed.
 - Example: If you have gluten-free mac and cheese, please prepare the mac and cheese and bring it in microwavable containers that can be frozen or refrigerated until the day it's needed.
 - Example: If you have brownies that are gluten-free to substitute for our brownie dessert, please make the brownies and bring them pre-made.
- You are welcome to bring dry foods (like cereal for breakfast) as well as refrigerated and/or frozen things.
- Please label clearly each item and carry bag/case you bring with your child's name on it.
- If Lactose Intolerant, and the camper wishes to have "milk" with cereal, the camper may want to bring their own lactose-free milk for their child that week. MCC will have Soy Milk on hand in 2019.
- You may bring items in three separate bags if you wish: Dry foods, refrigerated foods, frozen foods. This will help us put them in the proper storage location.
- **We will do our best to provide the items you brought for them if we have the menu with the substitutions on it, and if the items are pre-made (just needing to be pulled out and/or heated up). It will also be the camper's responsibility to alert their counselor if they need additional items they brought.**
- It will be the responsibility of the camper parent to pick up any food items left for the week when they take them home Saturday. Items not picked up will become camp property.
- Merriwood typically has the following **gluten-free cereals** on hand for breakfast: Rice Krispies, Cheerios, and Cinnamon Chex.
- For **Day Camp Weeks**, there is no salad bar. * Cold cut sandwiches (turkey, ham, cheese, bread) available upon request.
- For **Junior Weeks**, we will have salad bar and sandwich bar (turkey, ham, cheese, bread) available at lunch. We will also have salad bar available at supper.
- For **Middle School Weeks**, we will have salad bar at lunch and supper. *Cold cut sandwiches (turkey, ham, cheese, bread) available upon request.
- For **Teen Week**, we will have salad bar available at lunch and supper. *Cold cut sandwiches (turkey, ham, cheese, bread) available upon request.