

Non-life threatening- Special Diet Information – Summer Camp 2023

MCC offers multiple food items at each meal as options. However, MCC does not necessarily provide a specific gluten-free, vegan, vegetarian, or lactose-free menu option. Please read through the following so we can make a good food plan for your child with dietary restrictions.

- 1. Communication** - We ask those with special dietary needs to call the office ahead of time to discuss our menu for that week and have it emailed to you. As a general rule, if a camper's form indicates a special dietary need, restriction, or food allergy, MCC will email you a link to complete a Life-Threatening Allergy form or the Special Diet Form (for Non-Life-Threatening Allergies). MCC will also email the parent a menu and canteen items about one week out so you can determine if you need to bring alternate/additional food items or in case you have questions you need to discuss with our Food Service Director. If you don't receive this, please reach out to 336-766-5151.
- 2. Menu** - **Menu or canteen items are subject to change without notice should there be supply chain issues.** We ask that parents of those with special diets look over the menu and these details ahead of time to determine if they need to bring additional items so their child can meet daily required nutrition amounts combining MCC's meal options and items sent from home. Campers may bring *like-substitutes* or simply pack *alternate choices* that can be easily grabbed if there are not enough nutritional options at that meal that they are able to consume (i.e. protein bars, etc.)
- 3. Gluten Free** –
 - Overnight Weeks:** MCC will provide a gluten free alternative for the OVERNIGHT camp weeks. You will have a place on the special diet FORM to indicate if you will take advantage of this or not. Along with hot breakfast, **Merriwood typically has the following gluten-free cereals on hand: Cheerios, Lucky Charms, Cocoa Puffs.**
 - Day Camp Weeks:** If your child is attending day camp and is gluten-free, please provide alternate items for them.
- 4. Lactose Intolerance** – MCC does not provide alternate lactose free food items. MCC does however provide SOY milk at breakfast. If the camper cannot have either of those, but wants "milk," please send your own.
- 5. Additional Foods Available per Week that might help:**
 - Day Camp Weeks** - There are pre-made salad bowls and ranch dressing. We also have cold cut sandwich (options include turkey, ham, cheese, bread).
 - Junior Weeks** - there is a salad bar and sandwich bar available for lunch; salad bar will be available at dinner. Sandwich options at the lunch bar include: turkey, ham, cheese, bread. ** For dinner, the camper can go to the kitchen window to ask for the sandwich option as well, if they so choose.*
 - For **Middle School Week and Teen Weeks** - MCC will have salad bar at lunch and supper. There is also an option for the child to go to the kitchen window to ask for a cold cut sandwich (options include turkey, ham, cheese, bread) for lunch and supper.
- 6. Bringing additional food items** - At check in please go to the **Special Food Check in** station near the Medication Check in Table. You can speak to the Food Service Director there, Sharon, and hand off any additional food you have brought.
 - Please clearly label each item and carry bag/case you bring with your child's name on it.
 - MCC has refrigerator space, freezer space, and dry storage space where food items can be stored while here.
 - Menu notes: If you wish for MCC staff to prepare an item for the camper, please print off the menu Merriwood provides, write your child's name on the menu, mark out the items the child cannot eat, and write beside it any replacement items you wish to be given to your child for that meal.
 - The MCC Team can help heat up the items you brought for them (if applicable) if we have the menu with the substitutions on it, and if the items are pre-made.** 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.*
 - Dry, Refrigerated, Frozen Foods** - You are welcome to bring dry foods like cereal for breakfast as well as refrigerated and/or frozen things. 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.
- 7. Throughout the camp week** - It will be the camper's responsibility to visit the food service window to pick up items they brought or to speak to the Food Service Coordinator if they have additional questions/needs throughout the week.
- 8. End of week** - It will be the responsibility of the camper and parent to pick up any food items left for the week at departure time. We will do our best to have left over food items with the camper's luggage at pick up time, but please check before departure. Items not picked up will become camp property.

Updated 10/24/22