

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 prior to registered camp week, upon request. Email: 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, 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 food box Give 2nd 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

- Soy Milk is 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

- Soy Milk is 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 lasagne is served – pasta and marinara is available
- Suppers – If pizza is served, veggie pizza without cheese is available upon request. If sandwiches with cheese is served – cheeseless sandwich available upon request.
- PB&J is 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.
- Peanut Butter and Jelly 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.