

## Camp Abbey

### Special Dietary Needs & Food Allergy Policy

At Camp Abbey we do our best to accommodate campers with food allergies and special dietary needs. Because we feed more than 250 people at each meal, we cannot accommodate all situations. But we do strive to articulate our policies so that families will know what to expect and how to prepare their camper for a great week at Camp Abbey!

#### Wrist Bands

All campers at Camp Abbey wear a colored wrist band. They are distributed after their swim tests on Sunday. The staff is made aware of the significance of certain colors - non-swimmers, for example. A special color is reserved for campers with allergic reactions to insect bites and serious food allergies. During check-in, parents should discuss this with the nurse, who makes wrist band recommendations to the Camp Administration.

#### Peanut and Tree Nut Allergies

**Kitchen/Cafeteria** - Our kitchen avoids cooking with nut products. We do not fry in any nut oil. We do not offer any foods from the cafeteria serving lines containing nuts. The dining tables are sanitized by staff members before and after meals. Campers may also bring wet wipes to their table space.

**Peanut Butter & Jelly Station** - We do have a PB&J table in the cafeteria where designated staff members prepare sandwiches for campers. These provide a great source of protein to campers with picky diets and one healthy option for campers who need "comfort food". We do NOT have separate peanut-free dining tables. All campers eat with their cabin mates and counselors.

**Canteen Snacks** - Our Canteen (snack booth) does sell some products containing peanuts and/or tree nuts. Parents may review the Canteen products on check-in day. Anyone with a camper who has a serious nut allergy should complete the attached Snack Replacement Sheet and bring their special food items on check in day. The Canteen can reserve this special snack for your camper.

We do not remove the peanut butter station from the cafeteria or peanut products from the Canteen, even if a parent requests.

Snacks are not permitted in the Cabins.

#### Gluten and Dairy Intolerances

We do serve many items in both the Cafeteria and Canteen which contain dairy and gluten. Anyone with a camper who is dairy or gluten intolerant should bring

their special food items on check in day with a completed Meal Replacement Sheet for each affected meal.

### Seafood or Shellfish Allergies

We do not serve any seafood or shellfish during Summer Camp.

### Vegetarian or Vegan

On a case-by-case basis we can make some accommodations for Vegetarians or Vegans. The Camper's family may also need to bring some meal replacement items. Please email [gwilson@arch-no.org](mailto:gwilson@arch-no.org) to coordinate.

### For all campers with severe allergies bringing meal replacement items

- Please send food packaged in three Tupperware containers: Frozen, Refrigerated and Dry Goods. Each container and each food item in the containers should be labeled with the Camper's Name.
- We will store or refrigerate appropriate items accordingly.
- Please complete the attached Meal Replacement Sheet for each meal that requires a replacement item.
- The camp menu is provided for your review. Questions about any particular menu item can be answered by our Camp Chef.
- We can warm items in the microwave, but cannot cook special items in our commercial kitchen.
- Replacements for entire meals or specific items may be sent by the camper's parents. For example, gluten free chicken fingers on chicken finger day or gluten free meatballs and pasta for meatball & spaghetti day.
- Meal replacements do not necessarily need to be matching but we do ask that you indicate your intentions clearly on the meal replacement schedule.
- Please place all of the Meal Replacement Sheets inside the dry goods container.
- Please have your child's name in marker on the products as well as the container and the meal replacement list to prevent any mix ups.
- An administrator will coordinate with the kitchen on preparation of any special meal items.

## CAMP ABBEY MEAL REPLACEMENT SHEET

Camper Name: \_\_\_\_\_

Monday    Tuesday    Wednesday    Thursday    Friday    (please circle ONE)

Meal Sheet for:            Breakfast, Lunch or Dinner            (please circle ONE)

*Please copy this Food Replacement Sheet and provide one for each meal when a menu item is to be replaced.*

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### Replacement Instructions

Below, please describe the item from our menu to be omitted and describe the replacement item which is being delivered to Camp Abbey on check-in day.

## CAMP ABBEY NIGHT SNACK REPLACEMENT SHEET

Camper Name: \_\_\_\_\_

**Nighttime Snacks:** Each evening, the campers are offered a snack after the conclusion of the nighttime activity. Our snack offerings can change on a weekly basis, but generally include the following

Smores, grilled cheese sandwich, peanut butter & jelly sandwich, animal crackers, goldfish crackers,

**Canteen Snacks:** This is our snack station during the day. The menu varies based upon product availability, but some products do typically contain nuts, gluten, etc. Parents may review the Canteen products on check-in day. The Canteen can reserve a special snack for your camper.

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### Replacement Instructions

Below, please describe the item from our menu to be omitted and describe the replacement item which is being delivered to Camp Abbey on check-in day.