

## **Food at Camp FAQ's:**

Camp Seymour's kitchen staff strives to create healthy, kid friendly meals with options that please most people. We serve all meals family style with an additional fruit and cereal bar at breakfast and a salad bar at lunch and dinner. We feed thousands of people every year and are able to accommodate most diets.

### **What do I do if my child has a dietary restriction or Gluten intolerance?**

Please inform your child's teacher of any dietary restrictions a month in advance, so everyone can plan accordingly. We are able to accommodate many different dietary restrictions, including a Gluten Free diet for those with Celiac Disease. We have a cross contamination free zone for preparing those gluten free items. We also offer vegetarian and vegan options whenever meat is the main dinner options for those participants who are vegetarians, vegan, egg free, or dairy free (as long as we have been informed ahead of time, so we know how many people for whom we should buy).

At each meal campers and adult chaperones with dietary restrictions or food allergies will be invited to bring their plates into the kitchen to get them the food that is right for them.

### **What about allergies to peanuts and tree nuts?**

Peanut and tree nut allergies are so common, and though our kitchen cannot guarantee complete "peanut or tree nut free", during the school year we do not serve any peanut or tree nut products or anything that has those items in them.

### **What do I do if my child has a different food allergy?**

Your child's safety is of utmost importance to us. We know that many food allergies are common amongst school children, and we are doing our best to work with and provide healthy options for all participants. That being said, there are some combinations of allergies that are difficult for us to accommodate or eliminate from our menu. Please inform your child's teacher of any medical or dietary concerns a month in advance, so everyone can plan accordingly.

The kitchen staff has a binder with all of the ingredients for each product they use, so anyone with allergies or needs can individually check each item for ingredients.

At each meal campers with dietary restrictions or food allergies will be invited to bring their plates into the kitchen to ensure we get them the food that is right for them. With some allergy combinations, we do request campers bring supplemental food. If there's an item on the salad bar, such as mushrooms, that your child is allergic to, they should avoid the mushrooms on the salad bar and can request a side salad from the kitchen if they wish to avoid the salad bar all together.

**What if I need to bring my own food**

In the rare event, we are unable to accommodate your needs, you may bring some or all of your own supplemental food. To be stored in the kitchen and prepared by our kitchen team, outside food brought in needs to be:

- store-bought
- unopened
- in coolers and/or dry bags
- labeled with name, date, school name, and which meal
- free of any peanut or tree nut items. We cannot store those in our kitchen due to the number of allergies around those foods.

**Should I pack snacks for my child?**

Unless your child has a medical condition requiring him or her to eat regularly between meals (in which case, please discuss a plan for this with your child's teacher or school nurse), please refrain from packing snacks. YMCA Camp Seymour is in the woods, and when participants bring food into their cabins, it potentially attracts unwanted pests.

**Have other questions?**

Communicate with your school's teachers.