



CAMP ORCHARD HILL FOOD ALLERGIES AND DIETARY NEEDS

WE'RE HERE TO SERVE YOU! We understand that campers have a wide variety of dietary needs and strong food preferences that make it difficult to eat in a new environment. For this reason, our food service team will label food items with the top 9 allergens so that campers with preferences and sensitivities can make appropriate selections from our food line and our newly expanded salad bar. In the event of a severe allergy, our team will prepare a safe alternative (see exceptions below). Campers will provide details about their medical allergies on their health form in advance and should check-in with the food service team at the allergy station during the first meal of their session.

SEVERE ALLERGIES THAT CAN CAUSE ILLNESS OR REQUIRE USE OF EPI PEN:

- The Lakeview Terrace Dining Room at Camp Orchard Hill is currently able to provide alternative meals for campers who experience an allergic reaction to Sesame, Gluten, Fish/Shellfish, Eggs, Dairy, Peanuts, Tree Nuts and various Fruits and Vegetables.
- Because soy is present in so many foods, campers with an allergic reaction to SOY should plan to bring alternative food with them to camp. Parents can speak with the food service team ahead to discuss details.
- Our food service team will label items with the 9 major allergens so that campers can make informed choices.
- **Campers that require alternate meals should check in with the food service team at the allergy station during the first meal of their session. This confirms attendance so that the team can make alternate meals.**
- Alternate meals will be prepared carefully to avoid cross contamination and will be served on a teal plate – directly from the kitchen to the guest.

FOOD PREFERENCES AND SENSITIVITIES:

- Our food service team will label food items with the top 9 allergens so that campers can make appropriate choices on the food line. The majority of meals include a starch, protein, vegetable, fruit and a dessert option. We have expanded our salad bar significantly to provide variety and flexibility!
- Vegan/Vegetarian campers will be able to select from the line and our team can make recommendations.
- Campers are welcome to ask the food service team for additional information about food choices and for recommendations to help accommodate their needs. Simple adjustments can be made for individuals.

ADDRESSING NEEDS IN THE APPLE TREE SNACK SHOP:

- The snack shop uses or sells products that may contain the 9 major allergens including wheat, dairy, eggs, soy, peanuts, tree nuts and sesame seeds.
- The majority of snack items are individually packaged with ingredients listed on the packaging.
- The snack shop team will be able to provide nutrition information for prepared foods so that campers can read the ingredients.
- Please ask a snack shop team member if you have an allergy and need assistance.

If you have additional questions about how your child will manage their allergy or food needs at meals in the camp dining room, feel free to contact foodservice@camporchardhill.com to set up a time to talk!

If you have additional questions about how your child will manage their allergies or choices in the snack shop, you may reach out to our snack shop manager at appletree@camporchardhill.com beginning in May.

We look forward to serving you!

The Team at Camp Orchard Hill