



CAMP ORCHARD HILL

FOOD ALLERGIES AND DIETARY NEEDS

WE'RE HERE TO SERVE YOU! We understand that guests 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 guests with food preferences and sensitivities can make appropriate selections from our food line. In the event of a severe allergy, our team will prepare a safe alternative (see details below). Guests with severe allergies will provide details on their health form in advance and should sign-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 guests who experience an allergic reaction to Gluten, Fish/Shellfish, Eggs, Dairy, Peanuts, Tree Nuts and various Fruits and Vegetables.
- Because soy and sesame are present in so many foods, guests with an allergic reaction to SOY or SESAME should plan to bring alternative food with them to camp. Parents can discuss details with the food service team ahead.
- Our food service team will label items with the 9 major allergens so that guests can make informed choices.
- ***Guests with severe allergies that require alternate meals should sign in with the food service team at the allergy station during the first meal of their session to confirm the need for 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 guests can make appropriate choices on the food line. The majority of meals include a starch, protein, vegetable, salad bar, fruit and a dessert option. We have expanded our salad bar significantly to provide variety and flexibility!
- Vegan/Vegetarian, Gluten Free and Dairy Free guests will be able to select food options from the line!
- Guests are welcome to ask the food service team for additional information about food choices and for recommendations to help accommodate their needs. Please ask the food service team for help if you're having difficulty with food options.

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 is able to provide nutrition info for prepared foods so that guests can read 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 during 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. (This address is monitored June-August).

We look forward to serving you!

The Team at Camp Orchard Hill