

## Allergies and Dietary Restrictions (Information for Parents/Teachers)

### Skin Allergies

Insect bites, poison ivy, latex, and other allergens can produce a reaction such as localized redness and swelling or lead to anaphylactic shock. Should your student have a serious allergy, you must send an Epi-Pen or the appropriately prescribed medication with them to camp.

### Food Allergies

The most common food allergies are peanut, milk, egg, tree nut, seafood, shellfish, soy, gluten, and wheat. We do not serve seafood or shellfish, and there are simple food alternatives available at every meal that do not have eggs in them. Provided you list all allergies on your general release waiver and notify the teacher. Teachers are required to provide us with a complete list of allergies and dietary restrictions one month before arrival. We do provide dairy free and gluten free reasonable alternative menu options which may or may not be a direct substitute for the original menu item.

If your child cannot eat the foods on our menu, or if they cannot eat foods labeled "prepared in a facility that processes milk", "prepared in a facility that processes eggs", "prepared in a facility that processes nuts", or anything along this line, we suggest you send up your own food. Because we operate a large kitchen we cannot cater our food operations or food servings on an individual basis.

### Peanut Allergies

**We do not serve peanut products at Mile High Pines Camp. While we do not serve peanuts or peanut butter in program if there is any student in camp with a nut allergy, bear in mind that:**

1. Our menu includes foods processed in a facility that processes peanuts.
  2. We use peanut butter alternative spreads in our sandwiches, commonly known by their brand names of Sun Butter or Wow Butter.
  3. We occasionally use tree nuts like almonds, cashews, and walnuts in adult/vegetarian meal options.
- If your child has a severe peanut allergy that requires the use of medication as a treatment, please let us know ahead of time.

### Food Preferences

We provide vegetarian, vegan, dairy free, and gluten free reasonable alternative menu options which may or may not be a direct substitute for the original menu item.

### Sending Up Your Own Food?

If your child can't eat the food on our menu, we are happy to microwave any prepackaged and prepared foods provided they are simple, easy to manage, and you have notified us in advance via your school OSS coordinator. Our suggestion is to go through our menu and model your prepackaged meals after our meals.

**If you are planning on sending your own food up, you MUST let us know ahead of time by informing your OSS representative. Our camp serves over 12,000 families each year, so please help us help your child quickly and effectively by running everything by your school's OSS coordinator who will be able to answer your questions and be able to communicate on the behalf of all the children they represent at their school. Please do not send up any food that contains PEANUTS!!!**