



Special Diets Policy

Camp Li-Lo-Li is committed to providing a safe camp experience. The particular dietary needs of a camper should not in any way take away from that experience. Through a partnership between Camp Li-Lo-Li, the camper, and the camper's parents/guardians, we believe that the medical dietary needs of the camper can be met and all can have a safe and successful experience. This policy seeks to outline the specific roles and responsibilities of that partnership.

The Role of Camp Li-Lo-Li:

1. Ensure that all Kitchen volunteers are trained regarding safe food handling practices to avoid cross contamination with potential food allergens. To avoid cross contamination with potential food allergens, food service volunteers wash hands and wear gloves that are changed as needed.
2. Maintain a list of camper's medical diet restrictions within the food service area and maintain knowledge of which food products contain allergens.
3. **Food Allergy Disclaimer:** Camp Li-Lo-Li makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Every effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of contamination. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Those who are concerned with food allergies need to be aware of this risk. Camp Li-Lo-Li will not assume any liability for adverse reactions to foods consumed, or items one may come into contact with while eating at Camp Li-Lo-Li.

The Role of the Parents/Guardians and Campers:

1. Clearly describe the camper's diet restrictions on the health form. Please indicate whether the diet restrictions listed are a food allergy or sensitivity. Indicate what reaction should be expected if diet restrictions are not followed and what should be done to treat that reaction.
2. Educate and review with the camper the self-management of his or her special diet. Campers must be proactive in the management of their diet and reactions.
3. As the camp menu varies weekly, please contact the Camp Administrator at least two weeks in advance to determine if the menu can adequately accommodate the camper's diet. Our kitchen does provide some limited food alternatives, so please request a list of alternatives available as well. If the kitchen is not contacted prior to the week of camp, we might not be able to accommodate the camper.
4. If the variety of items available on the menu, along with our available alternative foods still leaves a "gap," we ask that parents supply supplemental foods to replace any items of concern.
 - If the family chooses to provide alternative foods, please clearly label all items with the child's name and include detailed preparation instructions. All items must be prepackaged for ease of preparation.
 - As we cannot fully guarantee avoidance of cross-contamination, campers with severe allergies must provide all meals in clean enclosed containers that are prepackaged and clearly labeled with serving/reheating instructions.

CONTROL: The Camp Administrator will assign education on this policy to the Food Services Manager. All kitchen staff members will be trained and will execute this policy. The policy will be reviewed and updated as necessary by the camp Board.

December 2015