

# CAMP PARADISE

## *food policy*



If you are not familiar with Camp or the way food is served, we eat “Family Style,” meaning that every dish is already on your table, and diners pass them around and help themselves. There are also additional choices available on our buffet. Given the range of foods served, it is often possible for people with special diets to adhere to their diet simply by choosing to omit parts of the meal. That said, we cannot cater to every special diet, so please remember that it is your responsibility to make sure that you are getting adequate nutrition for the increased levels of activity at Camp. This may involve bringing some of your own food as well.

Due to the challenge of feeding so many people in a short window of time, we appreciate your cooperation with our kitchen staff. If you do choose to bring some of your own food, you will need to contact us ahead of time because we have VERY limited refrigeration space. We will also ask that you arrive early to each meal in order to gather your food and still eat with your cabin, as this is a valuable community-building time.

### **Life-Threatening Food Allergy (peanuts, tree nuts, shellfish, etc.)**

If you or your child has a life-threatening food allergy, please be aware that it is your responsibility to monitor what food you or child eats or comes into contact with. Our kitchen staff does the absolute best they can to plan menus that avoid common allergens such as peanuts, tree nuts, and shellfish. In the event that a particular meal does include a common allergen, they will also clearly label them both on the menu board and by the food itself. Please contact us ahead of time if you or your child has a life-threatening allergy so that we are aware in case any situations arise. Please bring your Epi-Pen and review the instructions/usage before you arrive at Camp.

### **Severe Food Allergy/Insensitivity**

If you or your child has an autoimmune condition, severe food allergy or insensitivity (such as Celiac Disease, Crohn’s Disease, or reactions like rashes/hives), we may be able to accommodate you on a case-by-case basis. Due to our unique setting and power challenges, we have VERY limited space for people to bring their own food. We do not have the capacity to allow you to cook any food in our facilities, so we recommend bringing mostly non-perishable or freeze-dried food (see list of resources to the right) and keeping them in your cabin in a resealable box or cooler. If you do need to bring refrigerated items, please make sure they are already fully cooked and prepared, and take up less than 2 cubic ft of space.

### **Special Diets by Personal Choice**

If you or your child are vegetarian, vegan, gluten-free, or dairy free by choice, please contact us if you wish to request refrigeration space. Note that priority will be given to those with severe allergies. Our menus are planned by following state guidelines with prescribed amounts of protein and dairy. If you do contact us and decide you need to bring additional food, please see suggestions in the “Severe Food Allergy” paragraph above.

Please contact Jessica Riggs ([jriggs@willowcreek.org](mailto:jriggs@willowcreek.org)) for more information.

### **Additional Special Diet Resources**

#### **Allergen-Friendly “Add Hot Water” Meals**

There is always hot water available at Camp. Freeze-dried meals are convenient because they are quick to prepare and you or your child can still eat with the rest of your cabin.

[www.glutenfreeda.com](http://www.glutenfreeda.com)  
(Instant oatmeal, granola, wraps)

[www.paleomealstogo.com](http://www.paleomealstogo.com)  
(Paleo: gluten, dairy, soy, and grain-free)

[www.mountainhouse.com](http://www.mountainhouse.com)  
(Some products are gluten or dairy free, all products tree nut free)

[www.spicehunter.com](http://www.spicehunter.com)  
(soups, gluten-free, vegetarian options)

#### **Recommended Refrigerated Foods**

Sandwiches/sandwich ingredients

Wraps, special breads

Cooked & cut up chicken breast

or turkey to eat cold on salad

#### **Non-Perishable Items**

[www.orgain.com](http://www.orgain.com)  
Protein shakes  
(premade, non-refrigerated)

Protein bars  
(Clif, Luna, KIND, etc.)

Tuna in pouches

Nut butters

Jerky