

# CAMP PARADISE

## *food policy*



Camp Paradise recognizes that food allergies are common and adds another added challenge to Dads Camp. We try our best to eliminate some of those stresses by serving most meals Family Style, which makes it possible for people with special diets and allergies to adhere to their diet simply by choosing to omit parts of the meal. However, we cannot always cater to all special diets or preferences, and we ask you to bring up some substitutes. We have limited refrigeration space and need advanced warning if you bring foods that need to stay cold. During camp, we ask you to arrive around 5-10 minutes before the meal to gather your food so that you still eat with your cabin. 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.

### 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 your child eats or comes into contact with. We work to plan menus that avoid common allergens such as peanuts, tree nuts, and shellfish. **Please reach out to the Kitchen Manager as soon as possible** so that we become aware of the allergy and can better accommodate you during your time at Dads Camp. We request you to visit the kitchen staff on arrival day to put a face to the name and communicate a plan regarding your or your child's allergy.

### Severe Food Allergy/Insensitivity

If you or your child has an autoimmune condition, severe food allergy, or insensitivity, we will try our best to accommodate you. Please be aware and understand that due to our unique setting and power challenges, we have limited space for people to bring their food and can not allow you to cook any food in our facilities. Non-perishable or freeze-dried foods are a great way to have easy and fast substitutions. If you need refrigeration, **please send an e-mail to the Kitchen Manager.**

### 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.

### 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

Nuts/seeds

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