

Food Allergy Info Sheet

Camp Colman Food Allergy Policy

Camp Colman recognizes that food allergies, in some instances, may be severe and even occasionally life-threatening. The foods most likely to cause allergic reactions are peanuts, tree nuts, dairy products, eggs, soy, wheat, fish, and shell-fish. Although most food allergies produce symptoms that are uncomfortable, persons with allergies to the above-listed foods can suffer more serious consequences. We do not serve any foods containing peanuts or tree nuts or labeled "manufactured in a facility with nuts" in the kitchen or camp store.

School/Parent responsibility of reporting Food Allergies:

Parents of students with food allergies must provide the school with their child's allergy/dietary restriction information and the school is responsible for reporting this information in written form to the camp 3 weeks prior to arrival. Please be as specific as possible. Example: allergy to egg or dairy does that mean they can have that product in baked goods but not scrambled or drink a glass of milk? The School must inform Camp Colman with the campers allergy/dietary needs at least 4 weeks in advance with the campers name and contact information.

In the case of a student with multiple or unusual allergies, however, Camp Colman may require the student/family to provide supplemental food and snacks to ensure the student's safety and experience.

Parents are also encouraged to contact the Food Service Director directly with any concerns. Connie Fechner 253-884-3844 ex 109 cmenzia@seattlemca.org.

Camp Procedures:

Kitchen employees are trained regarding safe food handling practices to avoid cross contamination with potential food allergens. Food service employees wear gloves and gloved hands are washed or changed during extended use to avoid cross contamination with potential food allergens.

We maintain a list of students with food allergies within the food service area and maintain knowledge of which food products contain allergens. Product labels are inspected with each order to make sure product ingredients and manufacturing procedures have not changed.

PLEASE NOTE: The Camp Colman kitchen and store is only responsible for the food that we prepare and serve. We are not liable for outside snacks or meals brought by other guests.

Emergency Action Plan:

Students who may accidentally be exposed to a food allergen will be treated by the nurse pre-assigned by the school or camp nurse during summer programming. The nurse will administer any drug or substance prescribed by a doctor to relieve effects of the allergen.

In the event of a food allergy emergency, Camp Colman staff will immediately contact the director, and assign someone to gather non-involved participants and remove them from the scene. Emergency services will be contacted immediately and preliminary first aid will be administered.

Immediate follow-up will include contacting the parents/guardian and primary physician, and a completed YMCA Accident/Incident Report.

Packing food for camp:

We can accommodate vegetarians and milk and egg allergies for the most part. If you are coming with **celiac, gluten free, vegan, soy** or any other complex dietary needs we ask that guests supply their own food when coming to camp. We would be more than happy to prepare the pre-packed food. We serve a large number of campers daily and have had years of practice with special diets, but ask for family support to ensure the campers experience here.

*Please inform campers that if the specialty food is being prepared by kitchen that it will be available for them to pick up at meal time.

*Please label all items with the meal and day to be served to make it as easy as possible on the kitchen staff.

*Please attach directions if necessary and have most of the meal process complete so kitchen will just have to heat up.

*Please make sure that you don't pack nuts or shellfish as these will be discarded

Students with Dietary Needs: Return this info **4 weeks** prior to camp!

Please fill out information below for **EACH** student with dietary restrictions or needs coming to camp.

1. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO

2. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO

3. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO

4. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO

5. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO

6. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO

7. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO

8. Name of student _____

Parent/Guardian _____

Phone number parent/guardian can be reached for questions _____

Please give as much information about the dietary situation of the student:

Will student be bringing food from home that will be prepared by the Camp Colman kitchen? YES NO