

Oakcrest LDS Girls Camp
Dietary and Food Allergy Concerns

The most common food issues that we deal with at Oakcrest are listed below. We have a specific plan for each of these concerns. As a camper, the most important thing for you to do is to **indicate your food concern on your registration card**. This way, we can work with you to make sure your concerns are met while you are at camp. Sometimes food concerns will develop or be diagnosed after you have turned in your registration card. In these cases, you need to contact your Stake leader. She will then contact the Women's Committee member over the Oakcrest kitchen and inform her of this change.

Here are the procedures we follow for individual food concerns at Oakcrest:

Diabetes

If a camper indicates that she has diabetes on her registration card, a Women's Committee member will contact her parents and ask if they would like to receive a copy of the menu for the week their daughter will attend camp. This will enable them to count carbohydrates and make a plan of what and how much their daughter will eat at specific meals. Most of the time, no further assistance will be needed. If parents feel they need to send different or additional food for their daughter, they can. Please see "Sending food to Camp" at the end of this document.

Celiacs

If a camper indicates that she has Celiac related allergies on her registration card, a Women's Committee member will contact her parents. A menu for the week their daughter is coming to camp will be sent to them. At this point, they will determine what their daughter will and will not be able to eat. Most of the time, parents will need to send food to camp with their daughter in order to supplement what she can eat from the Oakcrest menu. Please see "Sending Food to Camp" at the end of this document.

Lactose intolerance

Most campers can deal with their lactose intolerance with their medication. We do use cheese, butter, and dairy products in our cooking at Oakcrest. So, if a camper indicates she has lactose issues on her registration card, a member of the Women's Committee will contact her parents. If they need to see a menu of the food that will be served the week their daughter comes to camp, they can request it. If campers with dairy issues have a special milk that they can drink or use on cereal, they are welcome to bring this to camp with them in a small cooler with ice. It will be stored in the Oakcrest kitchen so the camper's name must be on the container and the cooler she brings it in. When the camper needs access to her milk, she can come into the kitchen and ask one of the staff members to get it for her. In more severe cases, special foods may be needed to be sent from home to supplement the camper's meals. Please see "Sending Food to Camp" section at the end of this document.

Nut Allergies

We do not use nuts in our meals at camp because so many campers are allergic to them. We do, however, offer a Peanut butter and jelly station for lunch and dinner to accommodate those campers who are vegetarian, vegan, or particular. This station is located in the lodge where campers eat. So if a camper is so severely allergic to nuts that they cannot walk by an open jar of peanut butter, she will need to avoid that area. With severe nut allergies, we recommend campers request to stay in the "Nut Free" cabin. You can find more information about this under the "Campers" tab on the homepage in a document called "About Oakcrest."

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Hypoglycemia

If a camper indicates that she suffers from this condition, a member of the Women's Committee will contact her parents and inform them that they are welcome to send her with however many snacks they feel their daughter will need. These snacks can stay with her at all times throughout the day and will be stored in a sealed container at night to discourage "critters" from coming into the cabin. In Hypoglycemic cases, any information that is written on the registration card or gathered from the phone call will be passed on to the camper's counselor.

Vegetarian/Vegan

If a camper indicates that she follows one of these dietary plans on her registration card, a Women's Committee member will contact her parents. Normally, those who follow these diets will be fine at Oakcrest. For breakfast, there is food in a "hot" line and there are cold bars with items like yogurt, fruit, etc. There is peanut butter and jelly available for lunch and dinner and cereal is available for breakfast and lunch. Sometimes dinner meals can be questionable for them. If parents request a menu for the week their daughter is coming to camp, they will receive it. If they are concerned about dinner meals, they are welcome to send supplementary food to camp with their daughters. Please see "Sending food to Camp" at the end of this document.

Sending food to Camp

If, after speaking with a Women's Committee member, parents determine that they will need to send supplemental food to camp for their daughter, the Head Cook will call them the week before their daughter comes to camp. She will go over the menu with the parents and answer any questions they may have to finalize their daughter's menu. Here are the steps you need to follow if you are sending food to Oakcrest:

- 1—Label each item of food with the camper's name
- 2—Store all food items in a cooler with ice. This cooler should also be labeled with the camper's name. It will be transported on the camper's bus in the luggage compartment.
- 3--Inside the cooler, parents should include a **detailed list** of their daughter's special menu and any **instructions** that will be needed to prepare her food. Instructions should include which food items go with each meal.

The Head Cook will be preparing these special meals personally and she generally has several to prepare so these 3 steps are crucial in helping her keep all the meals, campers, and special needs straight.