



Special Diet & Allergy FAQ

Do you accommodate special diets/allergies?

We are able to accommodate special dietary needs including gluten, dairy and nut free diets, low sugar diets, vegetarian and vegan diets and a variety of other allergies. Great care is taken by our staff regarding our campers with food allergies. We ensure that special meals are prepared separately to avoid cross contamination. At Skyline we value the communal dining experience and make it a goal for every camper to enjoy the food at our Dining hall. Meals are a special time at camp and we do our best to make sure everyone is healthfully nourished.

What alternative products do you have?

These products change depending on availability. To give you an idea, we have listed as many alternatives as we have in stock currently. Our gluten, dairy and nut free products are among them.

- Bob's Red Mill grains and baking mixes
- Baking Mixes: Krusteaz, Betty Crocker, Amang, Enjoy Life
- Bob's Red Mill Gluten Free Flour
- Ian's Panko breadcrumbs
- Trader Joe's Gluten Free products including rice and corn pasta, and baking mixes
- Udi's Whole wheat Gluten Free Bread and Buns
- Cornflakes, Cheerios and Rice Krispies
- Almond, Rice and Soy Milk
- Extra Firm Tofu
- Spectrum flaxseed
- EnerG Egg Replacer
- Coconut flour
- Almond Meal
- Sunflower seed butter
- Coconut Oil, Sunflower oil, Olive oil, Allergen free pan spray

How is my camper's special dietary need communicated to the Kitchen Staff?

When you fill out your Camp Doc health forms, there is a section on allergies. When you fill this out, the information automatically goes to our Assistant Director, who will call if she needs any further detail. When the Health and Safety Officer arrives in June, this information is processed and will sometimes lead to a follow up phone call, just to be sure. In the week before your camper's arrival, this information is given to our Food Service manager, Kendra. She plans the menus for each camp, listing alternatives for the campers with special diets. Each week, there is a list of names and dietary restrictions posted in the kitchen for all cooks to use.

Who prepares the meals for campers with special diets or allergies at camp?

Our Food Service Manager, Kendra, is ServSafe Allergen trained. Kendra is responsible for menus and food preparation for all special diets and allergies. Jenny, one of our cooks with celiac disease, does the baking for our special meals. The baking is done at a separate time when meals are not being served. All of our cooks are ServSafe trained, <https://www.servsafe.com/>.

Is the production of the meals segregated?

Our special meals are prepared before the main meal. They are then kept warm or cooled until serving time in separate covered dishes. Our cooks ensure that they never come into contact with the main meal.

Is there GF and food allergy designated equipment?

We have separate equipment that is only used for preparing and storing allergen free meals. When we cook on the grill, we put foil down as a barrier. We have a separate Gluten Free toaster. Every dish we use is ServSafe cleaned and sanitized after each use.

How do the meals get to the campers?

Campers serve themselves at our buffet line, with the help of their counselors. On the main buffet line there are often vegetarian and gluten free options which are labeled. There is also a salad bar with many options. The options containing allergens are clearly labeled.

Behind the main buffet line, there is a countertop with a heating lamp which warms the special meals. Trays are often wrapped and labeled for campers with allergies, especially for younger campers or campers with special needs. Otherwise there are serving dishes which are labeled Gluten Free, Lactose Free, Dairy Free, Egg Free, Nut Free, Soy Free, Vegetarian, etc., depending on the allergies of the week. The campers either take their special tray, serve themselves or their counselors help serve them.

When we serve family style at the tables, campers with special diets or allergies come to the same place behind the main buffet line and serve themselves.

What is the camp's policy about food? Can campers bring food to camp?

At Skyline we value the communal dining experience and make it a goal for every camper to enjoy the food at our Dining hall. Our kitchen staff caters to many different special diets.

We discourage campers from bringing food or drinks from home, unless it is medically necessary. We do have campers who are sent supplements such as Ensure and we find a way to make it work. That said, we do not have the storage space to keep special meals sent from home. When a camper has to eat food from home while everyone else eats communally, it makes serving time difficult for both the camper and the staff and can lead to feelings of exclusion.

When campers bring food to camp, it encourages pests in rooms and cabins. It can also lead to feelings of injustice when only one cabin enjoys sweets sent from home. Knowing your campers' dietary needs is enough for us to nourish them while they are away from home. If you have any questions, please contact us.

My child is very picky. What will he/she eat if he/she does not like what is on the menu?

Kendra, our Kitchen Manager plans every meal with the age and interests of the campers in mind. There is normally something for everyone, since we have a lot of options. We encourage everyone to share and experience the delicious and healthy foods provided. One of our goals at Skyline is to expand horizons, but that being said, if there is a camper who will not eat, our kitchen staff will provide something healthy in place of the served meal. At breakfast, there is always fruit, yogurt and a cereal bar. There is a salad bar at every lunch. Sometimes campers will load up on extra green salad, fruit and cottage cheese if they don't like the main dish. Sometimes a camper will have loved the previous night's meal, but can't fathom eating tonight's meal. They ask for leftovers, and we warm them up if available. Our kitchen staff watches carefully and gets to know a few names each session. Often campers learn they like new foods at camp, and when this happens, we all celebrate!

How are counselors trained about my camper's needs?

When a counselor has a camper who has a special diet or an allergy, they meet with the Health and Safety Officer before the camp session begins to learn about this camper's needs. Sometimes they will also meet with the parent when the camper checks in at Registration. The counselor then ensures that their camper gets what they need at all meal and snack times. When there is a severe allergy, all staff are informed of the campers' allergy and keep checks on the camper.

Do campers eat meals outside of the Dining Hall? How is food managed for those times?

Campers will sometimes eat a meal at a campfire. They always enjoy their evening snack in a different location. Counselors are always present for meals and know their campers' special dietary needs. If there is to be a campfire, the kitchen knows the name of the child eating out of the kitchen and their dietary restrictions. When they pack up a cooler to send out, they package the special food separately. When at a campfire, alternative products such as Gluten free bread will be sent in a separate package and kept separate until the camper has cooked the rest of their meal. Each meal is served on clean plates and with clean silverware. The counselor ensures the camper is given what they need. Counselors have Walkie Talkies at cookouts and call for extra food if need be.

Campers often help to prepare the evening snack in the Dining Hall. One day we may prepare smoothies. There is a separate prep table with a separate set of equipment at which a few campers prepare the dairy free smoothie. They follow a different recipe and then label each cup that is Dairy free, so that campers who are dairy free can enjoy the same snack as their fellow campers. When it is time for evening snack, our designated snack server has a list of dietary needs. The snacks for campers with special diets are passed out first. Counselors are there to double check that all the food goes to the right campers.

Campers also taste vegetables in the gardens. We've never had an allergy to raw vegetables or herbs, but counselors are trained to inform all program leaders of allergies.