



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 contact. 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
- Bob's Red Mill Gluten Free Flour
- Trader Joe's Gluten Free products including rice and corn pasta, and baking mixes
- Schar Gluten Free Breads and Buns
- Cornflakes, Cheerios and Aldi Brand Crispy Rice
- Oatmilk
- Extra Firm Tofu
- Spectrum flaxseed
- Enjoy Life Chocolate Chips
- 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 camper's health forms, there is a section to list dietary restrictions and allergies. Our Health and Wellness Director reviews health forms prior to the start of each session. In the week before your camper's arrival, this information is given to our Food Service Director, Kevin. If either the Health and Wellness Director or Food Service Director has questions they will reach out to you to discuss this. Our Food Service Director 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. In addition, counselors and camp directors receive the list of allergies and dietary restrictions for campers as well.

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

Our Food Service Director, Kevin oversees the kitchen operation as well as working alongside kitchen leaders and staff to ensure that meals are prepared properly and safely.

Is the production of the meals segregated?

Special diet and allergen meals are prepared before the main meals or in a separate area of the kitchen. We wash and sanitize all surfaces before and after preparing any meal items. All of our kitchen leaders complete ServSafe Allergens Training. In the cases of severe allergic reactions where cross contact isn't the only factor for example an airborne allergy; we will eliminate that food item from the menu completely for the time the camper is here.

Is there Gluten Free and food allergy designated equipment?

In cases where equipment cannot be completely cleaned and sanitized in our dishwasher we have separate pieces that are used only for preparing allergen free food items; for example a gluten free toaster or an allergen free blender. Every dish we use is cleaned and sanitized after each use in a high temperature commercial dishwasher according to regulations designated by the health department.

How do the meals get to the campers?

Campers are served by kitchen staff and counseling staff at our buffet line. 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 designated area for the special meals which is monitored by the kitchen leader to help assist campers. Kevin along with the kitchen staff try to meet all of our campers with allergies or special diets so that we can guide and assist them at each meal. 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 item.

What is the camp's policy about campers bringing 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?

Kevin, our Food Service Director plans every meal with the age and interests of the campers in mind. We try to have a variety of options so there is usually something for everyone. 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 what is on the menu, 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 and dinner, sometimes campers will load up on extra green salad, fruit and cottage cheese if they are not interested in the main dish. If an alternative is provided we still encourage campers to try something from the meal and 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 are notified by the Health and Wellness Director in writing and in conversation. All allergies and dietary needs are listed in the report they receive before the camp session begins to learn about the needs of their cabin/color group. Counselors get opportunities to meet with the parent when the camper checks in at registration. The counselor helps to ensure 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 so that we can work together to ensure the safety of the camper(s).

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 different locations around camp. 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 & label 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 so they call for extra food if needed.

Campers also taste vegetables in the gardens. We often do not have allergies to raw vegetables or herbs, but counselors are trained to inform all program leaders of allergies.