

Information for parents regarding supplemental food

Please read our policies below and fill out the SUPPLEMENTAL FOOD FORM. This form needs to be emailed to info@winnataska.org by May 31, 2013. After receiving the form, a camp administrator will follow up with an email or phone call so that we can answer any other questions and discuss the food plan with you.

STEP ONE:

Please determine if your child will actually need supplemental food. We would prefer that campers NOT bring supplemental food; however we recognize that this is not always possible for those campers who have more severe food allergies.

- **READ THE CAMP MENU.**
 - It is posted on the website, under the tab called, “What You’ll Do.” Scroll down to the bottom.
 - Note that a salad bar is available at all lunches and dinners.
 - Peanut butter and jelly sandwiches are available if the camper asks their counselor for one.
 - A potato bar is offered at a few dinner meals.
- **DETERMINE WHAT FOODS ARE “SAFE” FOODS.**
 - Highlight foods that your child can eat. If unsure, please email questions to info@winnataska.org.
 - We are not able to provide food label information, as the brand or kind of food can change without camp being notified.

STEP TWO:

Email the SUPPLEMENTAL FOOD FORM to info@winnataska.org by May 31, 2013.

STEP THREE:

Prepare for camp.

- Shelf-stable and pantry foods (i.e., cereal) should be in a sturdy plastic container labeled with the camper’s name. This is left in the dining hall so that the camper can retrieve food independently. It needs to have a tight-fitting lid.
- Refrigerated foods should be in a paper bag or disposable container labeled with the child’s name and hut name.
- Frozen foods should be brought in a disposable container labeled with the child’s name and hut name.
- If applicable, it is helpful to have individual meals or servings divided up among Ziploc bags and labeled according to meal (example, “Monday lunch,”) so that a counselor can quickly find what they need.
- Our camp cook cannot prepare a separate meal or entrée for individual campers. If a child requires a complete meal substitution, a counselor in your child’s hut can microwave food. Counselors have a great deal of responsibility during meals to their entire hut, so any food preparation needs to be extremely simple and require only a few minutes of the counselor’s time.

STEP FOUR:

Bring foods to camp.

- When you arrive at registration, plan to unload your supplemental food in the parking lot. If it needs to be refrigerated, it will be delivered to the kitchen as soon as possible.
- Only camp employees are allowed in the camp kitchen. Employees will put the shelf-stable container on the table where the camper will sit during meals. The freezer and refrigerator have a dedicated shelf for special foods. We will keep the foods in the labeled containers.

STEP FIVE:

Don’t worry! ☺ We will make sure your camper is well nourished! On dismissal day, don’t forget to retrieve your plastic container with pantry foods from the dining hall. The kitchen is closed on Saturdays, so refrigerated or frozen foods cannot be retrieved.



SUPPLEMENTAL FOOD FORM

This form needs to be filled out and emailed to info@winnataska.org by May 31, 2013. It will be distributed electronically to your child's counselor and the adults who supervise campers at meals (weekly directors). A paper copy will be given to both the day your camper's session begins.

Camper Name _____ Session _____

Please list all foods to which your camper is allergic: _____

What symptoms will your child experience if exposed to the allergen or it is ingested? _____

What will the counselor need to do if exposure or ingestion occurs? _____

(Note: Anytime a camper is brought to the Health Hut, the nurses will refer to the camper's [health form](#).)

What shelf-stable or pantry goods did you bring for your camper? _____

What refrigerated foods did you bring for your camper? _____

What frozen foods did you bring for your camper? _____

What items can your child eat from canteen? (snacks) _____

Please attach a copy of the Camp Winnataska menu to this form. **HIGHLIGHT all foods that are SAFE** for your child to eat. ~~Draw a line~~ through foods that your child is not to consume.

At the bottom of the page, and on the back if needed, please provide any further explanation about your camper and his/her special diet that might be helpful to your child's counselor. (Registration is a very busy time and it is helpful to have such information in writing to refer to later.)