

## Parent Information –

### Managing Special Dietary Requirements



Providing a safe environment on camp for your child is of utmost importance to us at YMCA Mt Evelyn Recreation Camp, therefore we have set procedures in place for managing the special dietary requirements of campers. The following information provides you with an outline of these procedures. Please read carefully.

#### ***Parent responsibilities:***

- Parents need to provide clear information regarding special dietary requirements of their child to the school camp coordinator at least 2 weeks prior to camp. This must include if your child can have traces/cooked versions of their allergy (eg. Egg allergy but can have them cooked in cakes.)
- Parents of students with anaphylactic reactions must provide the trigger, ingestion, tactile or airborne.
- A copy of the selected camp menu is available from the school prior to camp if you require
- Should your child have an anaphylactic allergy, please feel free to contact the Mt Evelyn Recreation Camp Catering Coordinator prior to camp to discuss your child's special dietary requirements

#### ***Mt Evelyn Recreation Camp Procedures & Responsibilities:***

- Alternative meal is provided for each camper with a special dietary requirement. Menu items are altered (when required) to suit dietary requirements e.g. Grilled chicken breast is provided for gluten free diets in replace of crumbed chicken schnitzel
- Mt Evelyn Recreation Camp is an "allergy aware" environment; we cannot guarantee that we are free of any product that could cause an allergic reaction. In regards to labels on manufactured products that state "may contain traces of nuts", alternative food will be provided for campers with nut allergies.
- All campers with Anaphylactic life threatening food allergies are served first at meal times to avoid any risk of cross contamination
- All dietary meals are prepared and served using separate utensils, and all meals are cooked separately
- Students with an anaphylactic allergy must have a corresponding ASCIA Action Plan and be sent through to Mt Evelyn Recreation Camp with the groups Dietary Requirements Form prior to camp
- Every camper with an anaphylactic allergy MUST carry 2 EpiPen's whilst on camp

#### ***School Procedures & responsibilities:***

- The school completes a Dietary Requirements Form, detailing campers with Anaphylactic life threatening and non-life threatening food allergies and provides this to Mt Evelyn Recreation Camp 14 days prior to camp
- Schools appoint a staff member to act as "Special Diets Coordinator" who liaises directly with our kitchen relating to special diets for length of the camp. This person will ensure that all students who have a special dietary requirement are provided with the correct meal that the catering staff have prepared for them