



YMCA Camp High Harbour

Dietary Restrictions

YMCA Camp High Harbour Food Service staff prepares meals that are both healthy and kid-friendly. Meals are served family-style with a salad option at both lunch and dinner. Some restrictions **may** require a small amount of supplementary food to be sent to Camp by parents. Please note: we have **very** limited storage space for these items.

For the health and safety of our campers, we maintain a staff ratio of 1:7. In order to maintain that ratio and to not place our other campers at risk, we are not able to prepare meals that require one-on-one preparation, additional storage or cannot cross contaminate during preparation. Should your camper fall under these guidelines, we will be happy to work with you in finding a summer camp program that will better accommodate your camper's needs.

We do not knowingly use or serve peanut products at camp. However, we do purchase from food vendors that mass produce food products in the same factories as some peanut products. Also, we cannot monitor all food items that campers bring into camp from the outside.

Pack Out Instructions

In order to better accommodate our campers with food allergies, we have listed instructions for packing food that will be served to your camper throughout their stay at camp.

For any camper who requires meals from home, please follow the instructions listed below.

- Place all items in a compartmental plastic container like the one pictured below with the camper's name, cabin, date packed out and meal indicated on container. **All items must be prepared at home and only require reheating at camp.**
- Any sandwiches should be prepared at home with any necessary condiments included and stored in a zipper storage bag with camper's name, cabin and meal indicated on bag.
- Any other items, such as soy milk or cereal should be labeled with camper's name, cabin number and dated.
- All snacks should be proportioned by parent and stored in a zipper storage bag and labeled with camper's name, cabin number and dated.



Typical Meals Served at Camp include:

Breakfast

Cereal
Scrambled Eggs
Bacon or Sausage
Toast, Scones or Biscuits

Lunch

Chicken Sandwiches
Pizza
Burritos

Dinner

Chicken & Potatoes
Spaghetti & Meatballs
Lasagna