



## YMCA Camp High Harbour Dietary Restrictions for Summer 2020

YMCA Camp High Harbour Food Service staff prepares meals that are both healthy and kid-friendly. Meals are served family-style by a staff member wearing gloves and mask. Most meals offer both a vegetarian and/or gluten free option. Some restrictions **may** require a small amount of supplementary food to be sent to Camp by parents. Please note: **We have specific and different pack out instructions for 2020.**

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 or staff at risk, we are not able to prepare meals that require preparation.

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.

We have asked campers and staff not to bring any food or drinks in the cabin for the summer of 2020.

### 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. We feel this method would provide a safe method to ensure the health and safety of your camper.

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

- Place all items in a disposable container or ziplock bag like the one pictured below with the camper's name, cabin, and meal indicated on container. **All items must be prepared at home and NOT require any preparation from our staff. Each meal must be prepared in a "ready to serve" manner.**
- All 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 **single serve only**. They must be packaged in a ziplock bag for easy delivery.

All snacks should be proportioned by parent and stored in a zipper storage bag and labeled with camper's name, cabin number and dated.

Example 1:



Example 2:

