

## Directors Message

Dear Parents:

As camp owners and directors, we truly understand the incredible leap of faith you take as parents entrusting us with your most precious loved one during the summer months. It is an enormous responsibility and one that we do not take lightly. The Camps Equinunk and Blue Ridge team have worked incredibly hard over the years to continue developing a safe and nurturing environment for all campers and staff. With this promise has come a significant amount of discussion and research regarding children with severe nut allergies.

Through strong partnerships with parents, nutritionists, and guidelines from the FAAN (Food Allergy and Anaphylaxis Network) and FAI (Food Allergy Initiative) alongside our on-site medical and culinary staff – Camps Equinunk & Blue Ridge have developed a tremendously successful system that allows campers with severe food allergies to thrive over the summer months and parents to be assured that their children are in the best possible care.

As parents ourselves, we would love for you to become more familiar with the plan that we have set forth and the individuals who make it so incredibly successful. We hope that this provides some additional insight into the inner workings of CECBR and please know that we are happy to answer any questions, comments, or concerns that you may have along the way

Warm Regards,

*Sheryl Richie Adam Stacy*

## Screening of Food

- By Food Service Director & Head Waiter.
- Food service director has long standing relationships with only food and beverage providers who are well versed in CECBR's needs of maintaining nut free practices.
- Each item ordered is hand selected to ensure it does not contain peanut or tree nut ingredients, nor contains traces of nuts, made in a factory, or handled in a facility that processes nuts.
- Upon delivery to camp – ingredient lists of all items are once again examined to ensure all incoming items meet our strict standards. Additionally, as items are received in the camp's respective kitchens, our head waiters once again read through each ingredient and package label to identify any additional allergens that may effect campers with non-nut allergies such as gluten, sesame, dairy, egg, and soy.

## Food Preparation & Recipes

- To ensure that our strict standards of food safety are met and our commitment to provide healthy, nutritious food, our chefs cook with the freshest and most simple ingredients eliminating the risk of cross contamination that can be found with pre-processed foods. This also allows for fresh and separate preparation of food being served to those children with specific non-nut allergies. All food that is prepared, served and provided for by CE/CBR for all campers and staff is nut-free.

## Parents Perspective

"This "Nut Aware" policy shows parents that CE/CBR understands the commitment required to ensure the safety of our children. Rather than providing a false security with the "Nut Free" label, CE/CBR has instituted a system with multiple checks and back-stops to protect our children. Their dedication is unparalleled. My wife and I have 100 percent faith in their ability to keep our child safe. 9 y/o Equinunk camper"

- Corey & Jessica B (Equinunk Parent)

## As We See It

We have the upmost confidence in our system but as we see it, we could not simply develop such an elaborate plan without exploring the few occasions when campers would be exposed to situations that are more difficult to manage.

These include the bus ride to camp, inter-camp games, trips, and visiting day. In all literature sent to parents prior to bus departure and visiting day, we clearly state that parents may not pack nor bring to camp any items containing peanuts, tree nuts, products that may contain traces of nuts, or processed in a factory that handles nuts. However, as many of these parents do not keep a nut free environment, they are not as experienced in reading labels for different allergens. On visiting day our leadership staff carefully examines the food that has been brought to camp to remove and inappropriate food.

When leaving camp for any trips or inter-camp games, we provide all meals and snacks for our campers to ensure proper food safety. However, often the camp or venue we travel to is not nut-free and therefore an allergen exposure exists. We always travel with all camper emergency medications and contact information in the event of an exposure or emergency. It is important we identify these areas and share with you the precautions taken, because ultimately, it is crucial we are on the same page and you have the utmost confidence in our procedures.