

Provisions for Dietary Restrictions

Highland Retreat is concerned with the overall wellbeing of each child that attends our camps. We want each child to be safe and have plenty of food to eat, while also keeping things as simple as possible for the cooks. To help make this happen, our kitchen staff have a standard repertoire of provisions and modifications they can make for common dietary restrictions (see details below).

Additionally, we encourage all campers with allergies or strict food preferences to pack a safety box. This is a sealed box (plastic containers with lids work well) that contains snacks and foods that the camper can and will eat. We can store this box the Summer Camp Kitchen while your child is at camp, and supplement your child's meals with the items you provide. We also have space for *small* refrigerator and freezer items. **Please do not send any items that are made with peanuts or tree nuts, including almond milk.**

If your child has a severe, life-threatening allergy that requires further consultation, contact Highland's Youth Office.

Tree Nut/Peanut Allergy:

- Highland's Summer Camp Kitchen is a nut-free facility. **We do not store peanuts or tree nuts in the kitchen; this includes almond milk.**
- Highland serves sun butter (made from sunflower seeds) instead of peanut butter.
- We do serve snacks that may be processed in facilities that also process peanuts or tree nuts.

Dairy Allergy:

- Highland will provide oat milk.
- We are willing to make small portions of certain menu items without dairy (ex. egg casserole without milk or cheese topping).

Egg Allergy:

- We serve eggs for most breakfast meals, but are willing to substitute cereal(s), oat milk, fruits, and granola bars.

Gluten Intolerance:

- Highland will provide gluten-free bread, corn tortillas, gluten-free pancake mix, gluten-free snacks (2-3 different types), and fresh fruits and vegetables.

Vegetarian:

- Most noon meals will include a salad bar: tossed salad, dressings, and about 8 toppings daily, including at least 1 protein topping of peas, chickpeas, or black beans.
- We will often offer a simple vegetarian substitute for the protein at meals. (Bean burger for hamburger, black beans instead of hamburger for taco salad, grilled cheese or sun butter and jelly instead of a meat sandwich, vegetarian sausage patties, etc.)

Vegan:

- We serve eggs for most breakfast meals, but are willing to substitute cereal(s), oat milk, fruits, and granola bars.
- Many of our dishes do contain cheese and meats. We are willing to make small portions of some menu items without these ingredients, where possible.