

CAMP OAK HILL KITCHEN & ALLERGY POLICY 2019

Our Kitchen

- We are a “nut free” kitchen. We *never* cook with peanut oil. HOWEVER, peanut butter sandwiches are sometimes present at lunch or dinner.
- We are cognizant about changing gloves, sanitizing dishes, etc to prevent cross-contamination of *any* kind.
- Fruit is available at every meal. Salad bar is available at lunch and dinner. Additionally, oatmeal and grits are available at breakfast.

Dietary Restrictions

- We are more than willing to accommodate dietary restrictions to the best of our ability, if there is communication in advance (this includes filling out your camper’s profile and medical forms as soon as possible, as well as communicating with the kitchen manager so she can prepare for your camper’s arrival).
- If there is **communication in advance**, we will be able to provide gluten free substitutes, such as bread and pasta. *Without enough time to prepare, we will not be able to provide gluten free substitutes.*
- If there is **communication in advance**, we will be able to provide vegetarian substitutes. *Without enough time to prepare, we will not be able to provide vegetarian substitutes.*

If your camper has a life-threatening allergy, approval by Camp Oak Hill Leadership must be provided in advance before the camper may attend. Once approval is received, however, your camper’s counselors, the kitchen staff, and the infirmary will be given that information prior to the arrival of your camper. Camp Oak Hill retains the right to accept and deny camper registrations if not in the best interest of the camp or camper.

Severe Allergies

- Our kitchen is not equipped to serve campers with life-threatening allergies, including but not limited to Celiac disease and severe peanut, dairy, or egg allergies.
- If this describes your camper, we *require* a parent contact our kitchen manager, Mary Jane Humphries, at (919) 693.2990, ext. 1002.
- For those campers with significant allergies, we would love to accommodate them by allowing them to bring their own food and store it in a separate refrigerator. This process, however, must be worked out with the kitchen manager and camp director prior to camp.
- We have a “gluten-free” kitchenette with plates, utensils, dishes, toaster, and microwave for campers with Celiac disease who opt to bring their own meals.