

CAMP OAK HILL KITCHEN & ALLERGY POLICY

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 (we would need a **minimum 2-week notice** by communicating with the kitchen manager so she can prepare for the individual'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.*

Severe Allergies

- Our kitchen is not equipped to serve an individual with life-threatening allergies, including but not limited to Celiac disease and severe peanut, dairy, or egg allergies.
- If this describes someone in your group, we *require* them to contact our kitchen manager, Mary Jane Humphries, at (919) 693-2990, ext. 1002.
- For those individuals 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 prior to your group's retreat.
- We have a “gluten-free” kitchenette with plates, utensils, dishes, toaster, and microwave for individuals with Celiac disease who opt to bring their own meals.