



Where Everyone Knows Your Name

Dear Parent(s),

More and more children are coming to camp with an assortment of food allergies, and at North Shore Day Camp, we take special diet and food allergies very seriously.

Through collaboration with our parents, our leadership team, kitchen staff and our on-site medical staff – North Shore Day Camp has developed a system that allows campers with food allergies to thrive over the summer months and parents to be assured that their children are in the best possible care.

For those parents who are sending children with food allergies, please read through the protocols and policies that we have implemented to make sure that EVERY child has a fun, safe and healthy summer.

Warm Regards,
Jason & Joni – Directors

Screening of Food

- All food served in camp will be reviewed by the Food Service Director/Chef
- Food Service Director has a long-standing relationship with food and beverage providers who are well versed in NSDC's needs of maintaining nut aware practices.
- Each item ordered is selected to ensure it does not contain peanut or tree nut ingredients or contains any traces of nuts.
- Upon delivery to camp – ingredient list of all items will be once again examined to ensure all incoming items meet our strict standards. Additionally, as items are received in the camp's kitchen, our head chef will once again read through each ingredient and package label to identify any additional allergens that may affect campers with non-nut allergies such as gluten, dairy, egg and soy.
 - A non-nut allergy board is placed at each lunch for all staff to see if any food item may contain an allergen (i.e. if mash potatoes contained dairy)

Food Preparation & Recipes

To ensure our strict standards of food safety and our commitment to provide healthy and nutritious food, our chef cooks with the simplest ingredients eliminating the risk of cross contamination. When necessary we ensure separate preparation of food to be served to those children with specific non-nut allergies. All food that is prepared, served and provided by NSDC for all campers and staff will be nut-free.

Camp Trips (5th-7th Graders)

Often the 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. We also check with the food service supervisor to ensure there are items for our campers with allergens. And our Division Leader and Group Staff on the trip make sure to double-check the menu/food when they arrive at the venue before meals are served.

As We See It

We have the utmost confidence in the system we've developed at camp, yet we know there are a few occasions when campers could be exposed to situations that are more difficult to manage. These include the bus ride to camp, Visiting Days and trips. We make sure to send out communication prior to camp, clearly stating that parents may not pack nor bring any food items to camp. We do the same for our NSDC Staff as well as hold a Health & Safety session during orientation where we go over the importance of not bringing food to camp, or having breakfast items before coming to camp that might contain peanuts, tree nuts, or products that may contain traces of nuts.

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