



FOOD AT CAMP OASIS

Because you indicated on your application that your child is on a special diet, we ask that you please review this information about meals at camp. We will have 100 campers plus about 100 volunteers and staff to serve and increased campers and staff with special dietary requests. Thank you for working with us to ensure everyone has a healthy and happy week! Enclosed is a copy of the meal plan for the week.

- At Camp Oasis, we serve 3 meals and 2 snacks each day.
- **Campers are responsible for their own food choices.** We will make sure any food you provide are served, but children are not policed for food choices. Make sure your child knows the foods they should and shouldn't be eating.
- Camp is a "nut free" zone. **No nuts of any kind are allowed in camp.** This includes nut butters.
- No food is fried.
- A gluten-free vegetable oil is used when grilling or baking.
- Eggs are prepared using liquid eggs that has citric acid added. Liquid eggs are safer when preparing for large groups. Legally, YMCA cannot prepare any other eggs.
- The salad bars include lettuce, carrots, cucumbers, hummus, and other vegetarian items.
- There are apples, bananas, oranges and sometimes cherries or pears at all meals.
- The cereal bar is out at all meals, and includes gluten-free cereal (Rice Chex).
- **YMCA will provide gluten-free bread, pasta, pizza, and desserts.** Campers must go to the kitchen to request this GF food (cabin counselors can assist).

If you plan to bring supplemental food, please note the following, and see the next page for specific instructions on how to pack the food.

- Please provide a "menu" for your child indicating what they are to have for each meal and snack. List foods you provide as well as foods from camp menu. (See enclosed for an example.)
- Food must already be cooked. The kitchen staff is happy to heat food in the microwave and have it ready for your child. The kitchen staff is unable to cook any food with the stove or oven.
- Any food outside the camp menu must be supplied by parents and stored in the kitchen. No food is permitted in the cabins.
- Campers are not allowed in the cafeteria. When meal time starts, your child will come to the kitchen window and their food will be ready for them to pick up.
- After check-in on June 22nd, take your menu and food to the kitchen in the main lodge. Please have food organized and packaged as directed above so you can just drop it off.

If you have questions, please contact Kathleen Newbould at CCFA immediately. We want all concerns addressed PRIOR to arriving at camp. Due the volume of campers, some dietary plans may not be able to be accommodated if they require excessive attention.

We look forward to a fun-filled week! -Camp Oasis Staff

BRINGING FOOD TO CAMP OASIS

If the food provided by camp on the enclosed menu will not meet your child's dietary needs, families are welcome to provide additional food for their child. We ask that you work within the menu as much as possible, to limit the amount of supplemental food.

YMCA is graciously accommodating our needs for additional refrigerator space, but we still have limited space. If you bring additional food, thank you for packing in the following manner:

- Please do NOT bring a hard cooler. Soft-sided cooler bags will help us conserve space so that we can fit everyone's food. Note that once you get the food to camp, it will be kept in the fridge or freezer at all times, so you do not even need an insulated container. Zipped bags without insulation are fine.
- Pack food separately for Sunday through Tuesday dinner and Wednesday breakfast through Saturday breakfast. (We will keep the food for the second half of the week in the downstairs fridge, then bring it up to the kitchen fridge Tuesday night.)
- Separate food in bags by meals. Two bags with all of the breakfasts (Sun-Tues and Weds-Sat), two with all of the lunches (Sun-Tues and Weds-Sat), two for dinners (Sun-Tues and Weds-Sat) and snacks in Ziploc bags in one larger bag. If you are bringing meals for the whole week, the ideal is 7 smaller bags:
 1. Bag with breakfasts Sun-Tues
 2. Bag with lunches Sun-Tues
 3. Bag with dinners Sun-Tues
 4. Bag with breakfasts Weds-Sat
 5. Bag with lunches Weds-Sat
 6. Bag with dinners Weds-Sat
 7. Bag with all snacks
- Within each bag, food should be packaged by meal and **clearly labeled** with strong, large stickers and permanent marker. ("Jane Doe - Thursday Breakfast"). Food containers should be microwave-safe. With large volume of special food containers, it is a safety issue to ensure your child gets the right food. Parents can NOT count on their child's ability to recognize their own food, as children are not allowed into the kitchen.



1 Ikea Kylväska cooler bag - \$5.99

