CAMP NEJEDA
Est. 1958
WHERE CHILDREN WITH TYPE 1 DIABETES CAN BE THEMSELVES

NUTRITION AND DIET POLICY

Dear Parents and Guardians of Camp Nejeda Campers and Camp Staff,

Beginning with Session 3 of July 2015, there will be several changes to the Camp Nejeda Nutrition and Diet Policy. We hope these changes will be easily understood and respected. Please realize that during each camp session, we provide food for at least 80 campers and 60 staff. We try hard to accommodate each person's needs, but it is impossible to accommodate everyone's preferences.

1. The camp will no longer purchase any specialized foods except to accommodate those with Celiac Disease or lactose intolerance. We routinely have gluten free and lactose free foods and do not have room to store any additional supplies for those conditions.
2. The camp will only accommodate food allergies if a note from a licensed physician is provided to us.
3. Due to severe allergies, please remember that our campus is COMPLETELY NUT FREE. No food or drinks containing nuts will be permitted on campus.
4. You MAY NOT bring outside foods to camp unless they are to accommodate food allergy documented on a note from a licensed physician AND discussed with the camp dietitian at least 1 week prior to your camper's arrival. We do not have the storage space to hold extra food.
5. We use glucose tablets and cheese crackers or a gluten free/lactose free alternative to treat low blood sugars. Low blood sugars are medical emergencies and we cannot accommodate taste preferences in these situations.
6. For picky eaters, we will be offering the following alternatives at each meal along with the regular menu options and salad bar at lunch and dinner.
    - Breakfast: cereal, yogurt, fruit, milk, packaged oatmeal, bread
    - Lunch/Dinner: pasta dishes, cottage cheese, beans, rice, bread (with butter, sun nut butter, and/or jelly), at least one of the following: egg, tuna, or chicken salad
7. For vegetarians, the only options available besides menu options will be the above and veggie sausage patties, veggie burgers, and black bean burgers.
8. Religion-based food preferences will be respected and allowed at camp. However, we will not provide these foods (Kosher, Halal, etc.) and cannot provide separate cooking facilities for these foods. If you have a religious dietary preference that you would like to be observed at camp, you must provide your own food including all carbohydrate counts and ingredients clearly labeled. If you plan to bring your own food, you must also speak with the dietitian at least 1 week prior to your camper's arrival.

We truly appreciate respect and support of these changes. If you have any questions, please call or email Robin Greengrove, Health Center Director at 973-383-2611 or robin@campnejeda.org.

Thank you!

revised 2016