



NUTRITION AND DIET POLICY 2023

Camp Nejedá has established these policies to enable us to expediently provide food for about 80 campers and 60 staff during each camp session. We try hard to accommodate each person's needs, but it is impossible to accommodate everyone's preferences.

1. The camp will not 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 family-supplied foods.
2. The camp will only accommodate food allergies if a note from a licensed physician is provided to us.
3. Due to some participants having severe allergies, please remember that our campus is COMPLETELY PEANUT FREE. No food or drinks containing peanuts will be permitted on campus.
4. You MAY NOT bring outside foods to camp unless they are to accommodate a 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 treat low blood sugars with glucose tablets, apple or grape juice, cheese crackers or a gluten free/lactose free alternative or Carnation Instant Breakfast depending on the circumstances and the time of day. 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.
 - o Breakfast: cereal, yogurt, fruit, milk, packaged oatmeal, bread
 - o Lunch/Dinner: cottage cheese, beans, 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.
9. As there is unsubstantiated evidence of the safety and efficacy of very low/no carbohydrate diets (specifically, with regard to avoiding severe hypoglycemia in a residential camp setting) we cannot support the implementation of these types of diets at camp. Meals and snacks at Camp Nejedá follow nutritional guidelines set by the American Academy of Pediatrics to include a variety of fat, protein, and carbohydrate-containing foods to support optimal blood glucose levels and fuel increased activity levels at camp. Your child may attempt to adhere to such a diet as much as s/he can within the constraints of the food choices available, but the camp staff will not be able to assist.

revised 1/2022