

Camp Luther Food Service

Caring for individuals with Food Allergies and Dietary Restrictions

The goal for this plan is to ensure that when anyone with a special diet or allergy comes to Camp Luther, they feel safe eating and enjoy the food provided and do not need to worry about handling their meals themselves. We want to ensure every guest and camper can spend their time at Camp Luther focusing on God and not worrying about their meals. My goal is to provide exceptional food and service, including working around various allergies that may hinder someone's experience at Camp Luther.

I have compiled a list of the most common allergies and my plan for how we will handle them and serve those with the allergies. This is based off of things I have done in the past or ideas I have derived from talking to other camp cooks and parents. As a note, any substitutions for allergies will be used on food for those with the allergies and not as a substitute for the food for everyone.

Here are a few points of my vision for foodservice at Camp Luther:

- We will move away from processed and canned foods and will be cooking and baking the majority of items from scratch.
- We will move toward using fresh fruits and vegetables and move away from canned and frozen as much as we can.
- We will offer healthy options at every meal and encourage campers and guests to eat well, though there will still be many homemade desserts.

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Peanuts & Tree Nuts

Peanuts and Tree Nuts are one of the most common allergies that can be the most terrifying for those with the allergy. This is a pretty easy one to work around, as we will be doing very little processed items, we can ensure that what we make does not contain nuts at all.

My plan for the summer will be that we have Sun-Butter available as a substitute for guests and for baking all summer long. We will not offer any items containing peanut butter or the like. We may have peanut butter tucked away for staff or for staff meals but it will not be brought out when campers are present. For our packouts, we will be using sun butter as needed.

My plan for the retreat season will be to offer peanut butter for guests and cook and bake with it. When we have a group with a peanut allergy, we will not cook or bake with any nut products. If there is a group with a bad peanut or tree nut allergy, we will pull the peanut butter altogether and treat it as we would in the summer.

My goal here is that parents, campers, and guests will feel comfortable coming to Camp Luther with a nut allergy and feel confident they will be well taken care of.

Camp Luther's kitchen will not be Peanut free, but rather "***Peanut Aware***" as we look to provide the best experience to everyone.

Gluten & Celiac

Gluten Allergies have become one of the most common allergies at camp that I have seen first hand. Whether it is a serious allergy like celiac or a choice to not eat gluten by the person, we will provide alternatives so that no one feels like “they didn't have anything I could eat.”

We will have Gluten-Free options available as long as we are aware of the allergy ahead of time. We will substitute bread, tortillas, buns, etc. as needed to ensure our guests are satisfied. We will also offer an extensive salad bar at lunch and dinner that will give additional options. For breakfast, we will offer a yogurt bar and gluten-free cereal and granola.

In my experience, even celiac is an easy enough allergy to accommodate by keeping certain staple items on hand and being aware of the allergy ahead of time for proper planning.

My goal here is that those with a gluten allergy will come to camp and not feel like they are eating completely different food (though there may be some alternatives that don't match up exactly.) They will nonetheless have options provided that will be of exceptional quality.

Dairy/Lactose

An allergy to dairy/lactose is another common, yet pretty easy allergy to accommodate. We will start with having soy milk available at any point during meals for those that need it. We will have alternatives that do not contain dairy milk for almost anything we serve.

Past that, the substitutions will be done by a case-by-case scenario depending on the severity of the allergy.

Vegetarian/Vegan

We will be able to handle vegetarian and vegan as well. We will have non-meat proteins available as needed. The salad bar will give many additional options as well during lunch and dinner. There are multiple variations of a vegetarian diet, and those who are vegetarian or vegan are encouraged to email ahead of time.

Cross-Contamination

We will have procedures in place to avoid any and all cross-contamination regarding allergies such as celiac and others as needed. We will have a separate area of the kitchen as well as utensils and tools that will be set aside for preparing foods that must be kept separate. In addition, we will be cleaning and sanitizing each item before and after it is used.

Other Allergies

As far as other allergies, we will handle them on a case-by-case basis depending on the allergy, or combination of allergies, and applying the same care and effort as those previously mentioned. We will be able to handle pretty much any allergy with advanced notice. In most situations, guests will be encouraged to email ahead of time to help us get a better understanding of the allergy/allergies. This will help ensure proper planning and assurance that they will be taken care of. I want guests with allergies to feel that Camp Luther takes their allergy seriously and works to provide the best experience for them that we can.