



## Special Diets Policy

Camp Oconto will supply special diets for individuals who need them, as detailed on the individual's Health Form. If the Health Form of an individual says they have a special diet, then that person must have that special diet for their entire stay at camp. A specified number of meals will be prepared for people with special diets (others will not be allowed to take those meals).

### Allergies

We strive to offer a food service that is safe for allergies and food intolerances (including but not limited to peanuts, tree nuts, gluten, eggs, dairy, fish etc.). However, we cannot guarantee to eliminate allergens entirely from our food service. To heighten this awareness our food service is an 'allergy-aware' space. Please note that Camp is not and cannot be 'allergy or food intolerance free'.

### Vegetarian, Vegan, and Lactose Free

Camp Oconto can provide a vegetarian, vegan or lactose free diet. Please remember that Oconto is a nut free environment and therefore no products containing nuts or nut products are allowed on the property.

### Gluten Free

Camp Oconto can supply a gluten free diet, but we cannot guarantee that there will not be any contamination. We do our best to prevent contamination, but there is a risk of things like air-borne particles of flour from the bakery landing on food. The gluten free food is kept in another area, but in the same dining hall as other foods.

### Celiac

For individuals who are celiac, there is a specified area for their food in the refrigerator, a dedicated toaster, microwave and dishes.

Camp Oconto has a staff member dedicated to special diets. Please contact the camp at [info@campoconto.com](mailto:info@campoconto.com) for further details or if you have questions.