

CAW Special Dietary Needs Policy

Thank you for inquiring about how Camp Arrah Wanna might accommodate you and/or your campers who have special dietary needs. Serving our guests and making them feel at home is something we want to excel at, and providing adequate food options is one way to do that. Our goal is to ALWAYS have SOME offerings in this area.

However, the resources we have as a truly non-profit facility, serving thousands of people with various needs, are limited. So it's important for us to be clear about what items we can and cannot offer our guests in terms of special food items. Please take a moment to read the following information and let us know if you have any further questions. We look forward to serving you in this area!

TIMELY COMMUNICATION

The first thing that helps us serve you best is the timely relay of important information. Please be sure to submit a list of your group's dietary needs **at least 2 weeks before you arrive at CAW** (the contract says 30 days, but we know there are always last minute registrations being submitted within that timeframe).

Requests that are submitted less than 2 weeks prior to arrival may not be possible to accommodate.

SEVERE FOOD ALLERGIES

Safety is of utmost importance, so our kitchen is happy to avoid serving food items that may cause a life threatening anaphylactic reaction while your group is here. However, we cannot guarantee that contamination from an outside source is avoided.

EXAMPLE: If one of your campers is severely allergic to peanuts/tree nuts, we will avoid cooking/preparing any item with those ingredients. However, many products are made/processed in factories where nuts are also prepared (flour, oatmeal, etc), so residual contamination may be an issue depending on the severity of a camper's allergy.

What we CAN provide:

In addition to accommodating severe, life-threatening allergies, our kitchen is typically able to provide some alternative items for people with the following restrictions:

- ~ Vegetarian
- ~ Dairy/Lactose Free
- ~ Gluten Free

When a group notifies us, at least 2 weeks before arrival, of the number of guests with any of the above 3 allergies/restrictions, we are able to provide a few supplemental items at each meal, such as:

- ~ Soy/Almond/Lactose-free Milk
- ~ Meat-free substitutions
- ~ Gluten Free Bread & Pasta
- ~ Gluten Free & Dairy Free Desserts

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We prepare and serve a full salad bar at each lunch and dinner, as well as numerous side options. Most of our buffet items are served in a way that people can "build" their own meals, choosing only the items they know they can eat safely. When that is not possible, we do what we can to provide a few alternatives for those with the above 3 allergies/restrictions. If a guest's diet require more alternatives, that guest is welcome to bring some additional supplemental items.

If you have dietary needs beyond these 3 allergies/restrictions, or you feel more comfortable providing some of your own individual supplements, then we are happy to provide refrigerated storage space for the supplemental food you bring/provide. Our dining hall is equipped with a microwave and refrigerator/freezer that is accessible at any time.

If you would like a copy of our intended menu for the dates you will be staying at CAW, we are happy to email it to you a few days before your arrival. We reserve the right to make last-minute changes depending on product availability and fluctuation in guest numbers.

If you have specific menu/meal items that you would like to be served to your whole group, we will do our best to accommodate your request – as long as we receive such requests at least 30 days before your contracted arrival to CAW.

What we CANNOT provide:

We are not able to guarantee that our kitchen is completely free of contaminants, such as gluten, soy, dairy, sugar, etc. If one of your campers is severely affected by any of these contaminants, it is best that they provide their own supplemental food.

Our kitchen staff cannot be responsible for preparing any food items that are provided by a guest unless it pertains to the above 3 allergies/restrictions.

While we are happy to provide your Guest Group Leader with some food labels so they can help children avoid certain items, we do not have the staff resources to provide alternative options for people with specific dietary needs or preferences outside of the following 3 allergies/restrictions:

- ~ Vegetarian
- ~ Dairy/Lactose Free
- ~ Gluten Free

Candy and snack items sold from our Canteen/Snack Shack may also contain allergens. We are not able to monitor which items are sold to, or should be avoided by, guests & campers. If your group has scheduled time for this activity, please inform people with dietary restrictions of the risk and their responsibility in making healthy purchases.

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