

# FOOD, ALLERGY, & SPECIAL DIETARY NEEDS

With hundreds of campers each week, we make the menu to please the majority of the campers and cannot be responsible for certifying allergy free foods. However, HOTBC understands about cross contamination and will make every effort to prevent any problems. We will strive to work with child and parents to make their week a great dining experience. Advance notice is requested to enable HOTBC to provide alternative options. The camper will need to be aware of their own food restrictions and share in the responsibility of eating correctly. Here is what we can do for you:

1. We can provide the menu in advance for anyone who has concerns.
2. We can substitute within reason for main entrees for things such as gluten. For example, we can serve grilled chicken instead of chicken strips to those who have gluten restrictions. Everything on the menu **will not** have a substitution. (They will need to know to skip the roll and gravy.) The substitution will not always be the same thing as the rest of the campers are having, but we can always substitute an entrée for either grilled chicken or a hamburger patty. We have some gluten free dessert options that can also be substituted.
3. Our Food Service Director can go over the menu with the camper at the beginning of the week and make notes on what kind of substitutions they will need and when. (Our Food Service Director will try his best, but he **is not** a dietician, so the camper will need to be knowledgeable of their own food restrictions.) If the parent wants to print off the menu and make notes that will be acceptable. The camper's counselor may want to be involved as well if the camper is not sure or not responsible enough to maintain their specific diet needs.
4. Campers and counselors are welcome to read labels of what we serve. We attempt to print sheets with allergy information on most everything and we keep a notebook in the kitchen.
5. We **do not** cook in peanut oil and **do not** add nuts to our food; however, we cannot guarantee that everything is nut free. We have peanut butter in our kitchen that our staff can eat, but we put it up when the campers come in the Dining Hall because of allergies. Be aware that our concession stand **does** sell items with peanuts.
6. If anybody is highly allergic and wants to bring their own food for the week, that is allowed. There are 2 options for doing this: **#1** the camper (with the food allergies) with a parent and/or an adult sponsor will be allowed to use **one** of our dorm kitchens (as designated by the Heart of Texas Director or Assistant Director) on our campus to store and prepare the special food. **#2** the camper can store the food in our Dining Hall kitchen as long as it is clearly labeled with the camper's name. The camper can make arrangements with our Food Service Director to heat their food during the mealtime.

