

Special Dietary Needs

The Ewalu food service staff aims for a fulfilling week for your camper while they are here during the summer. We offer campers hearty breakfast options, as well as a healthy variety of hot food with a large salad bar at all noon and evening meals served in our dining hall. We do not however have a separate kitchen to prepare allergen-free items, and we cannot guarantee that specific allergens are not present in your menu items. Ewalu makes every effort where safety is concerned, but our ability to customize many menus at once is limited. In the case of certain medical dietary needs such as a diagnosed *gluten allergy*, *peanut allergy*, or *lactose-intolerance*, Ewalu offers some alternative items at meals served in the dining hall. These items will be reserved by our kitchen team for certain campers to enjoy. However, some meals served at camp will not be in our dining hall, but rather in a camping setting.

To accommodate campers and guests with these or other special dietary needs, it is recommended to send some of their own food as a supplement. This is especially helpful when the camper's group may be cooking over a campfire in a distant village, or even for times when certain alternative main course items may not be available in our dining hall. Having an adequate amount of their own food ready and available will give options to ensure they have a meal they can enjoy. If your camper has severe, multiple, or a choice dietary restriction(s) such as vegetarianism, we also ask that you consider sending more food, so it could ensure more options for your camper, for both indoor and outdoor meals.

Camp Ewalu will provide a refrigerator and dry storage to keep personal food available to any campers with special dietary needs. Since campers will likely enjoy multiple outdoor meals in a camping setting, it would be helpful if *most* of the supplemental options would not be perishable or need refrigeration. Our youth ministry staff will always be present to help campers access this food for meal times and if necessary, to help prepare it.

Quality food, healthy nutrition, and variety are not just important to setting up the positive camp experience – we believe they should be an ongoing part of the adventure. We want each child to focus on having fun, learning about God's love, and being empowered by his/her successes at camp. Thank you for working with our kitchen to make sure any unique dietary needs are met, so your child can stay "fueled" up for a fun, meaningful experience in the outdoors.

If you have any questions or would like to know more, please call or email Food Service Director, Maury Landt at 563-933-4700, or foodservice@ewalu.org.