



## SPECIAL DIETARY NEEDS AT EWALU

The Ewalu Food Service staff aims for a fulfilling week for your camper while they are here during the summer. We offer campers hearty Cedar Lodge-prepared meals three times a day (some programs on some days will eat over a fire or “trail lunch”), with a wide array of breakfast and salad bars to go with every meal. We do not, however, have a separate kitchen to prepare allergen-free items, and we cannot guarantee that specific allergens are not present in our menu items. Ewalu makes every effort where preparation and 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 campfire setting prepared by counselors and program coordinators.

To accommodate campers and guests with these or other special dietary needs, we highly recommend that you **please let our office staff know when filling out your camper’s registration**. This allows all involved in Ewalu’s food planning to have a heads-up to prepare adequate alternatives. This is especially helpful when your 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. This can be supplemented by bringing foods that meet your camper’s dietary needs. This allows additional food to be put out if a particular meal would have fewer options available. Any additional food can be kept dry, refrigerated, or frozen. **Food can be brought to camp during the check-in process on your camper’s first day of camp.** Our youth ministry and/or kitchen 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 their 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 Food Service Director Maury Landt at 563-933-4700 or email [foodservice@ewalu.org](mailto:foodservice@ewalu.org).

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