

## Kentucky 4-H Camping Food Service

### Dietary Accommodations Policy

#### Peanuts and Tree Nuts

1. The camping program cannot guarantee that menu items and snacks stored and served out of the kitchen are nut-free or made in nut-free facilities. The camping program cannot guarantee that packages containing food, received in the mail, are nut-free. The camping program cannot guarantee that items sold in the Country Store are nut-free or made in nut-free facilities. Parents/Guardians of youth with a serious, rapid-onset allergic reaction to nuts via airborne or physical contact, are encouraged to contact their Camp Director.

#### Documented Medical Needs

2. Individuals with documented medical needs related to their diet should contact their Camp Director to provide additional information about their needed accommodations.

#### Vegetarian, Gluten-Free, and Religious Dietary Requirements

3. The camping program will provide accommodations at breakfast, lunch, dinner, and snack for participants who are vegetarian, gluten free, or have religious dietary requirements.
  - a. Vegetarian
    - i. Main dishes containing meat will be substituted with vegetarian main dishes of similar sustenance (e.g., fajita chicken and beef taco salad could be replaced with a vegetarian grilled chick substitute [soy based] that can be easily added to a tortilla or taco). Other examples of substitutes could be cheese pizza (replaces pepperoni pizza), grilled garden veggie burger or black bean burger (replaces hamburger), vegetarian lasagna (replaces baked spaghetti), veggie sausage (replaces pork sausage or bacon), veggie hickory BBQ riblet (replaces pork BBQ sandwich).
    - ii. Side dishes containing meat or meat byproducts will be substituted with vegetarian side dishes of similar sustenance (e.g., green beans containing pork broth will be substituted with vegetarian green beans).
  - b. Gluten-Free
    - i. Main dishes containing gluten will be substituted with gluten-free main dishes of similar sustenance (e.g., pepperoni pizza would be replaced with a gluten free pepperoni pizza).
    - ii. Side dishes containing gluten will be substituted with gluten-free side dishes of similar sustenance (e.g., macaroni & cheese would be replaced with a gluten free macaroni & cheese).
  - c. Religious Dietary Requirements
    - i. Adult guests and parents/guardians of youth attending camp with religious dietary requirements are encouraged to contact their Camp Director to discuss their needs.



## Supplemental Food Items

4. For all other dietary needs, not listed above, the camping program will not provide supplemental food items. Parents are encouraged to have a conversation with their Camp Director to formulate a list of supplemental food items the parent/guardian will provide. The camp foodservice staff can store and prepare these supplemented items as needed. The camping program can provide nutrition and ingredient information for all menu items.

