



Special Diet Policy

Hume Lake Christian camps is committed to providing youth camps with high-energy, life-changing programs for individuals, churches, schools and teams. And with 70 years of running camp we've learned that adults, couples, and families love to have fun just as much as kids do. We proclaim the Gospel while giving both youth and adults an unforgettable camping experience. Our desire is that this experience is accessible to everyone regardless of special dietary need.

An individual who has a special dietary need does not have a disability, but is unable to consume a particular food(s) because of a medical or other special dietary condition (please note that a special dietary need does not include a camper's food preferences). By substituting different ingredients and cooking approaches, Hume Lake Christian Camps can accommodate the following special dietary needs*:

- Gluten Free
- Dairy Free
- Gluten / Dairy Free
- Vegan
- Vegetarian
- Corn Free

During camper sessions the following options are available everyday to meet the needs of campers with special dietary needs:

- Regular Soy Milk**
- Gluten free bread/buns***
- Vegetarian Option
- Full Salad Bar during lunch and dinner
- Fruit bar containing unsliced apples, oranges, and bananas, available any time

**Please contact HLCC if special dietary need is considered severe, i.e. life threatening.*

***Available by request, we cannot provide lactaid, almond milk, or coconut milk*

****Gluten free options are reserved and available only for campers with gluten allergies or who are on a gluten free diet for medical reasons**

NOTE: Hume Lake Christian Camps can not accommodate gluten-free diets that are combined with vegan diets. Hume Lake Christian Camps also can not accommodate popular diets such as paleo, high protein, or Mediterranean unless medically necessary. Such requests must be accompanied by a note from a physician.

Additional Details and Processes

Hume Lake Christian Camps will make menus for each camp available in advance so that campers will be able to determine if there are concerns that need to be addressed and if substitutions need to be made.

Please note that we do not have separate kitchens to prepare allergen-friendly items, or separate dining areas for campers with allergies or intolerances. Thus, it is possible for an allergen to be introduced before the food is provided to us, or inadvertently during food preparation or handling. However, we will use reasonable efforts to prevent the introduction of your allergen of concern into your food through close attention during our sourcing, preparation and handling processes.

Due to the high cost of providing for special dietary needs including planning, food ordering, and preparation a \$50 surcharge will be placed on both summer and retreat menus where Hume Lake Christian Camps is providing substitutions and special food preparation.

In certain cases, campers may choose to bring food from home to supplement their special dietary need. If food is sent from home, please adhere to the following for the safety of your camper as well as others:

1. Hume Lake Christian Camps must be notified of the intent to bring food from home prior to the beginning of the event.
2. Any food sent from home must be in a closed container such as Tupperware or Ziploc. If the food comes in its own container, (i.e. cereal boxes or chip bags), it still must be placed inside a closed container and packed properly. If items arrive damaged or in unsafe packing the items may be disposed of at the discretion of Hume Lake Christian Camps.
3. Food containers must be inside a closed container (ex: Rubbermaid) that is no larger than 18"x30". The camper's name must be written in permanent marker on the outside of the container.
4. Do not send: any nuts or products processed in a facility with nuts, candy, raw proteins, fish/shellfish, soda, coffee drinks, or energy drinks.
5. All foods should be microwave ready. Our staff, in accordance with Fresno County Health Codes, is NOT PERMITTED to handle or prepare outside foods in our kitchen or on our equipment. Hume Lake Christian Camps kitchen staff may distribute sealed containers to campers or adult chaperones, but may not touch any outside food.
6. An inventory sheet must be provided with food sent. Please include a schedule of when you would like the food to be served.

Campers with special dietary needs must make plans in advance with the Food Service Assistant. Because of the remote location of Hume Lake Christian Camps, and the uncertain availability of some special dietary items, campers must notify and discuss special dietary needs *at least two weeks prior* to date of arrival. With this advance notice and discussion Hume Lake Christian Camps is usually able to accommodate the camper's needs. If notification and discussion with the Food Service Assistant does not occur within this timeframe Hume Lake Christian Camps may not be able to accommodate the camper's needs. If you have questions about the Special Dietary Policy, would like to notify us about a camper's needs, or if you wish to receive a menu for a camp you will be attending you can contact the Food Service Assistant at cjones@humelake.org.