

HEALTH & DIETARY PROTOCOLS

HEALTH:

Please note that your student will go through a short health screening at time of drop-off. Any ill campers or leaders should not come to camp until they are symptom free without medication for 24 hours.

At Forest Home, health and safety is the absolute number one priority. Leading the charge in this is the amazing First Aid Team. Composed of highly trained and experienced Nurses and Health Technicians, this team works round the clock to monitor and support camper health. Additionally, each and every one of our medical policies is reviewed and approved by a Physician each year to help ensure that we are providing the highest quality of care for our campers and staff.

Medications? Click this link for more information ([LINK TO MEDICATION](#))

DIETARY RESTRICTIONS & ALLERGIES:

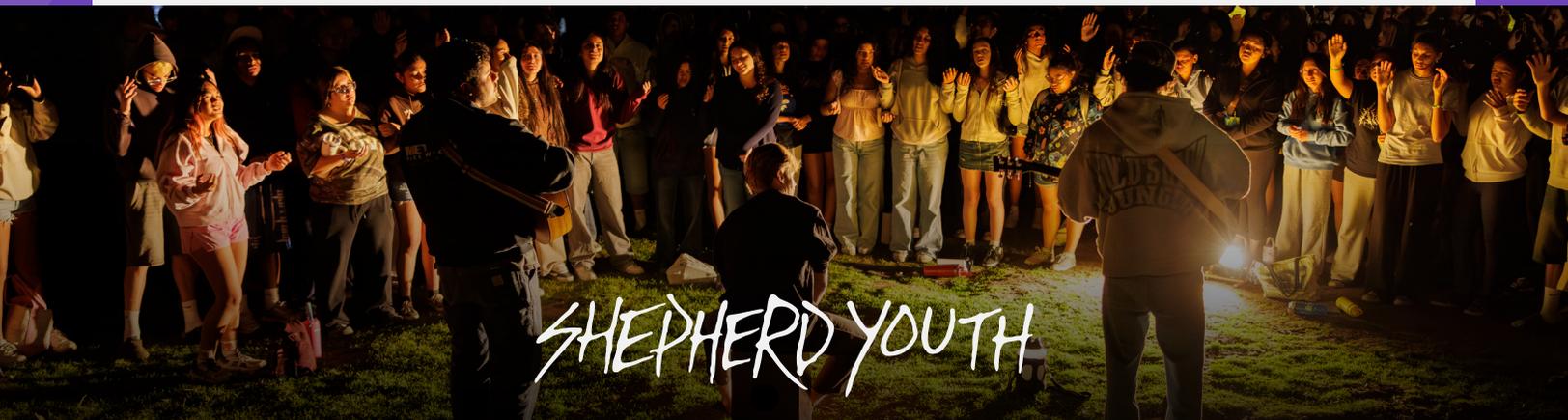
Please ensure that all dietary requests are indicated on your student's Forest Home's online waiver (separate from but linked within Shepherd Church's registration and sent in your confirmation e-mail).

Forest Home chefs are trained and able to accommodate the following common dietary allergies:

- gluten free diets
- dairy intolerances
- egg allergies
- vegetarian diets
- vegan diets
- nut allergies (all our kitchens are nut free facilities)

If your camper has a dietary need or allergy that our kitchen is unable to accommodate for (like Celiac Disease), we require that your camper brings their own food to meet their dining needs during their stay.

- If your camper is bringing their own food to camp, pack their pre-cooked meals in pre-portioned microwave safe containers.
- There are refrigerators for storage and microwaves for heating in all dining facilities for guests to use. (Please note there is no prep area)
- If your camper is bringing their own food, please send it in appropriate containers for travel and ensure that it is labeled with your camper's name.



- We understand many allergies can be very severe, and we cannot fully guarantee that every item served is 100% free from airborne particles or other means of food allergy cross-contamination. The process of bringing your own precooked and pre-portioned food will limit the chance of any allergy cross-contamination.
- There are other areas in camp that may cause allergic reactions that are out of our control, such as in retail food locations, vending machines, or other campers that may bring snacks.

If you have any additional questions, please contact the Forest Home Director of Guest Dining, Cecilia Cabrera at Cecilia.Cabrera@foresthme.org.

If you have additional questions, please email us at camp@shepherdchurch.com

