

# PARENTS DIETARY INFORMATION

Waratah Beach Camp P/L strives to give the very best to your children while they are at camp. Due to the isolated nature of our camp site we may have difficulty sourcing all special dietary requirements that your child may need and complex medical/dietary requirements cannot necessarily be met by us. We cannot guarantee availability of products stated on the menu or their ingredients.

## IF YOUR CHILD HAS:

1. **ANY SPECIAL DIETARY REQUIREMENTS which are NOT life threatening/severe:** (FOR LIFE THREATENING / SEVERE CONDITIONS – SEE POINT 2.)

*Please view the alternatives menu to see if there is a suitable option.*

- This includes requirements due to mild intolerances, preferences and cultural/religious requirements relating to food.

**Parents/guardians will need to return a Special Dietary Needs Form and supply suitable alternative foods in place of any unsuitable foods listed on the standard camp menu.**

- E.g. if your child is unable to eat the lasagna, you will need to supply an alternative meal for that dinner, but Waratah Beach Camp P/L will supply all other meals.
- E.g. if your child requires soy milk on their cereal, you will need to supply soy milk
- **Vegetarians:** we are able to cater for vegetarian diets but a Special Dietary Needs Form must still be completed. We recommend that vegans supply suitable alternative foods.
- **Menu is Subject to Change:**  
When considering your child's requirements, please note that our menu and specific ingredients are subject to change without notice. This may occur, for example, when suppliers are unable to supply required items or ingredients change without notice. Please ensure your child's school is fully informed of the details of your child's requirements (see Special Dietary Form) and that you supply enough alternatives.

OR

2. **SEVERE ALLERGIES / ANAPHYLAXIS / LIFE THREATENING CONDITIONS:**

- Unfortunately, despite our best intentions and efforts, we are not able to guarantee that the food we provide will meet your child's requirements. This may occur, for example, where suppliers substitute items without notice or where manufacturers change ingredients without notice.

**We strongly recommend that parents/guardians of these children provide ALL of their child's food for the duration of camp, as we consider this to be the safest option for the child. A Special Dietary Needs Form must be returned.**

- We will not charge you for the food component of your child's camp fee in these circumstances and you should contact your child's school for reimbursement.
- See below for "Where Food is Supplied by Parents/Guardians".



## **WHERE FOOD IS SUPPLIED BY PARENTS/GUARDIANS:**

Please send food items that:

- Are easily served with minimal preparation (ie. frozen meals to be thawed/heated)
- Are clearly marked including the child's name and school
- Are as close as possible to the camp's standard menu, so your child feels included
- Do not include nuts, as they are a common allergen and may pose a risk to others
- Are transported to camp under the appropriate food handling and safety requirements (see attached reference (P.12) – Food Safety Victoria)

## **NUT PRODUCTS**

Please note Waratah Beach Camp P/L endeavors to have no nut products onsite. However, some foods onsite are labelled as 'may contain traces of nut or nut product' or 'manufactured on equipment that may produce products containing nuts or nut product', or similar phrases.

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## **SPECIAL DIETARY NEEDS FORM**

A Special Dietary Needs Form must be completed for every person attending camp who has special dietary needs, whether or not they are supplying their own food. This includes people with severe and life threatening conditions, mild conditions, medical conditions and cultural/religious requirements relating to food.

***Supervision of children's special dietary requirements while on camp is the responsibility of the school's Teacher/Leader in charge of Dietary Needs. Please ensure you have completed and returned a special dietary needs form for your child and you have discussed their needs with the Teacher/Leader in charge of Dietary Needs.***





I have read and understand

Parent dietary information

# SPECIAL DIETARY NEEDS FORM

*This form must be filled out by all campers who have a special dietary requirement or food allergy.*

NAME OF STUDENT / CAMPER: \_\_\_\_\_

I have read and understand

The Special Dietary Needs Pack

NAME OF PARENT / GUARDIAN: \_\_\_\_\_ CONTACT PHONE: \_\_\_\_\_

DIETARY / ALLERGY PARTICULARS: \_\_\_\_\_

We ***strongly recommend*** that parents/guardians of children with severe / life threatening allergies provide **ALL** of their child's food for the duration of camp, as we consider this to be the safest option for the child. Refer to Point 2 of Parent's Dietary Information Sheet.

Allergy	Trigger/ Reaction (eg. Touch, consumption)	Anaphylaxis Y/N	Can eat foods that "may contain traces of the allergen" Y/N	Waratah Beach Camp P/L meals camper cannot eat (eg. Lasagne)	Meal replacements brought from home Y/N Details	Medication required for allergy Y/N Details

NAME SCHOOL / GROUP: \_\_\_\_\_ DATE: \_\_\_\_\_

SCHOOL'S TEACHER / LEADER IN-CHARGE OF DIETARY NEEDS: \_\_\_\_\_

Supervision of children's special dietary requirements while on camp is the responsibility of the school's Teacher/ Leader in charge of Dietary Needs. Please introduce all campers with dietary needs to Camp Waratah Beach Camp P/L kitchen staff on arrival at camp.

**PLEASE email back a min. of 14 days before Camp**

PARENT

SCHOOL