



*Winter Address:*  
85 Crescent Beach Rd  
Glen Cove, NY 11542

516-656-4210 *Phone*  
516-656-4215 *Fax*

*Summer Address:*  
76 Timber Lake Rd  
Roscoe, NY 12776

845-439-4440 *Phone*  
845-439-3165 *Fax*

Jay S. Jacobs  
*Executive Director*

Jennifer DeSpagna  
*Director*

Justin & Cassie Mayer  
*Directors*

Dear Parent(s),

More and more children are coming to camp with an assortment of food allergies. At Timber Lake West, we take special diet and food allergies very seriously.

Through strong partnerships with parents, nutritionists, and guidelines from the FAAN (Food Allergy and Anaphylaxis Network) and FAI (Food Allergy Initiative) alongside our on-site medical and culinary staff – Timber Lake West has developed a comprehensive system that allows campers with severe food allergies to thrive over the summer months and parents to be assured that their children are in the best possible care.

Beginning in the summer of 2017, Timber Lake West Camp will become a fully “Nut Aware” camp. We will no longer be serving peanut butter. Peanut butter alternatives (Sun Butter and SoyNut Butter) will be available on the salad bar.

For those parents who are sending children with food allergies, please read through the protocols and policies that we have implemented to make sure that EVERY child has a fun, safe and healthy summer.

Warm Regards,

Justin, Cassie & Jennifer



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## **Screening of Food**

- All food served in camp will be reviewed by the Food Service Director and chef
- Food Service Director has a long standing relationship with food and beverage providers who are well versed in TLW's needs of maintaining nut aware practices.
- Each item ordered is selected to ensure it does not contain peanut or tree nut ingredients, or contains traces of nuts.
- Upon delivery to camp – ingredient list of all items will be once again examined to ensure all incoming items meet our strict standards. Additionally, as items are received in the camp's kitchen, our head chef will once again read through each ingredient and package label to identify any additional allergens that may affect campers with non-nut allergies such as gluten, sesame, dairy, egg and soy.

## **Food Preparation & Recipes**

To ensure our strict standards of food safety and our commitment to provide healthy and nutritious food, our chefs will cook with the freshest and most simple ingredients eliminating the risk of cross contamination that can be found with pre-processed foods. This will also allow for fresh and separate preparation of food to be served to those children with specific non-nut allergies. All food that is prepared, served and provided for by TLW for all campers and staff will be nut-free.



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## Camp Trips & Inter-camp Games

Often the camp or venue we travel to is not nut-free and therefore an allergen exposure exists. We always travel with all camper emergency medications and contact information in the event of an exposure or emergency. It is important we identify these areas and share with you the precautions taken, because ultimately, it is crucial we are on the same page and you have the utmost confidence in our procedures.

## As We See It

We have the most confidence in our system, but as we see it, we could not simply develop such an elaborate plan without exploring the few occasions when campers would be exposed to situations that are more difficult to manage.

These include the bus ride to camp, inter-camp games, trips and Visiting Days. In all literature and emails sent to parents prior to bus departure and Visiting Day, we clearly state that parents may not pack nor bring to camp any items containing peanuts, tree nuts, or products that may contain traces of nuts. However, as many of these parents do not keep a nut-free environment, they are not as experienced in reading labels for different allergens. On Visiting Day, our leadership staff will carefully examine the food that has been brought to camp to remove any inappropriate food.