

# OE SPECIAL DIET INFORMATION

Your student's dietary needs are important to us. It is our goal to make sure that camper meals are safe and stress free.

Please read this entire information page carefully. Feel free to contact the Mission Springs Food Service Dept. or the Mission Springs Outdoor Education Dept. with special diet concerns.

## What is a Special Diet?

As defined in 7 *CFR* Section 15, an individual who does not have a disability, but is unable to consume a particular food(s) because of a medical or other special dietary condition, is considered to have a **special dietary need**. Special dietary needs do not include a camper's food preferences.

The most common special dietary needs are food allergies. Please note, we do not serve nuts at Mission Springs Outdoor Education trips as it is a frequently seen food allergy.

We do require parents to send an Epi-Pen or other emergency medication for all severe food allergies.

## What is the responsibility of Mission Springs to the Special Diet Camper?

Mission Springs strives to accommodate children with special dietary needs on a case-by-case basis. However, accommodations must be supported by the [Special Diet Information Form](#).

Please include a medical statement that clearly identifies the camper's:

- Medical or other special dietary condition
- Diet accommodation requested
- Food or foods to be omitted from his or her diet
- Name and contact information of medical authority who signed statement

Fax completed Special Diet Information Form and written medical statement to:  
Mission Springs (831) 335-7726 ATTN: Becca Berroteran/Food Service

Please turn in all forms, completed, as early as one month and no later than two weeks before camp. Forms received later than two weeks prior to camp may not be accommodated.

## What if I want to send my Special Diet Camper with food from home?

A [Special Diet Information Form](#) and written medical statement are required if you are sending food from home. If food is sent from home, please adhere to the following for the safety of your camper as well as others:

1. 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.

2. Food containers must be inside a closed container (ex: Rubbermaid). The camper's name must be written in permanent marker on the outside of the container.
3. Do not send: any nuts or products processed in a facility with nuts, candy, fish/shellfish, soda, coffee drinks, or energy drinks.
4. All foods should be microwave ready. Our staff, in accordance with Santa Cruz County Health Codes, is NOT PERMITTED to handle or prepare outside foods in our kitchen or on our equipment. We have a microwave for camper use in the dining hall. Mission Springs kitchen staff may distribute sealed containers to campers or adult chaperones, but may not touch any outside food.
5. It is recommended that an inventory sheet be provided with food sent. Please include a schedule of when you would like the food to be served.

### **Who will help my camper with his/her meals?**

Parents are responsible to find an adult chaperone and/or teacher willing to monitor meals.

### **My camper follows a religious diet, will they be accommodated?**

Yes. Mission Springs is proud to serve a diverse group of campers. Please fill out the [Special Diet Information Form](#) and provide specific information about what your camper may not eat.

### **What if my camper is a selective eater?**

Mission Springs is not able to accommodate selective eaters who are not identified as a Special Diet Camper. At each meal there are many options to choose from and at any meal a camper may request fresh fruit, a granola bar or cereal and milk. Food sent from home is not an option for selective eaters.

### **Can I request a copy of the menu?**

Yes, two weeks prior to your school's visit to Mission Springs you may request a copy of the menu by email. Menus are subject to change without notice.

### **Who do I contact with further questions?**

Please Contact:

Rebecca Berroteran

Food Service Director

Becca.berroteran@missionsprings.com

(831) 335-9133

# Special Dietary Information

All forms are due 30-14 days prior to your arrival. This is a fillable form. You may fill out the form online, but then you will need to print the form and fax it to Mission Springs.  
Fax# 831-335-7726 Attn: Becca/Food Service

School: \_\_\_\_\_

Camp Dates: \_\_\_\_\_

## Guest/Student Information

Student Full Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Email: \_\_\_\_\_ @ \_\_\_\_\_ (required)

Parent Phone Number: (\_\_\_\_) \_\_\_\_\_

## Please circle:

\*Is this a Doctor prescribed diet?    Y    N (If yes this form must be accompanied by Dr.'s note)

\*Is this a religious diet?                Y    N

\*Does the student manage their own diet    Y    N

## Special Dietary Information

*Please list specific food allergies or needs (please attach a separate sheet if necessary):*

*We will make an effort to accommodate your special needs. Please realize that we do not have the staff to make special meals for everyone. In most cases, we will try to use our existing menu and adjust it to the special diet need.*

*It is important that individuals who have made special dietary requests identify themselves to one of our dining room servers so they can quickly respond with appropriate meal accommodations.*

\*Please note if the student's special diet requests are not doctor prescribed or a religious diet we may not be able to accommodate.

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### ***For Mission Springs Staff:***

Date Document Received: \_\_\_\_\_

Date Replied: \_\_\_\_\_

### ***Please Check***

\_\_\_ Spoke on the Phone/voicemail

\_\_\_ Spoke in Person \_\_\_ Emailed

Initial and Date:

\_\_\_\_\_