



A Safe and Nut Sensitive Environment: Why?

The danger of nut allergies is a real and growing health concern among camps, daycare centers and schools throughout the country. Nuts are one of the most common food allergies and the leading cause of “anaphylaxis”, a reaction that may result in an airway closure that is potentially fatal. In many cases, if a child with a nut allergy eats, touches or even breathes a tiny amount, serious side effects may occur, including death. This year, at camp, several campers have a serious nut allergy.

All snacks provided by camp will be nut free and any lunches provided by the camp (i.e. overnights, lunches left at home) will also be nut free. In addition, counselors and children with completely nut free lunches will be encouraged to eat with other campers who must remain nut free.

Soynut butter is a wonderful and healthy peanut butter substitute. Many varieties (crunchy, smooth, with and without honey, chocolate) are available at: Trader Joe’s, Cub, Whole Foods and Byerly’s.

While our goal is to provide a safe camping experience for all our campers, we must rely on our camp families to help us with this effort by:

- ❑ Labeling sandwiches when using soynut (can look and smell like peanut butter)
- ❑ Washing hands at home before you leave for camp, especially if peanut butter was eaten
- ❑ Reminding your child that camp does not allow food sharing
- ❑ Talking to your child’s counselors about appropriate food for celebrating birthdays

Thank you for your assistance. I am looking forward to a wonderful summer!

A handwritten signature in black ink, appearing to read "Allie Greenstein", with a long, horizontal flourish extending to the right.

Allie Greenstein
Camp Director