

NOT YOUR ORDINARY SUMMER CAMP!

Camp Emerson

THE FOOD ALLERGY SPECIALIST

Do you know a child who has **food allergies** or needs **special foods**?

At Camp Emerson, sleepaway camp is worry-free!

GLUTEN AND WHEAT FREE

DAIRY FREE/
MILK ALLERGY

SOY ALLERGY

SOME NUT ALLERGIES

EGG ALLERGY

SHELLFISH ALLERGY

LACTOSE INTOLERANCE

VEGETARIAN

Talk to us about your child's specific dietary needs

DEAR PARENT,

For over 40 years, Camp Emerson has helped thousands of children grow in a nurturing and creative environment. Accordingly, the foundation of our **choice program**, staff management and menu is respect for the individual. We work with families to satisfy individual dietary needs. We recognize this is a growing concern and consequently, our expanded menu further supports food allergies and intolerances.

The Food Allergy Camp Team meets individually with your family to respond to your child's needs. Our goal is to ensure that your child is able to eat safely and enjoyably at Camp Emerson. We want your child to feel like "everyone else" in the dining hall.

Camp is great fun and should be worry-free. Call me, at **800-782-3395** so I can learn about your child's specific needs.

Sue Lein
Owner/Director

WHO WE ARE AND WHAT WE DO

Directors & Administration

- We have food allergies ourselves so we understand!
- We monitor & oversee communications between family and camp team
- We review all camp procedures; field trips, snacks, visiting days, programs and supplies in order to adhere to plans
- We ensure all staff are trained properly

Medical Staff

- Our pediatricians and allergists oversee all medical protocols
- We review camper's medical history, requirements and medication prior to camp
- We train staff on emergency procedures, use of epi-pens and sensitivity to food issues

Kitchen Staff

- We have professional food service and chefs
- We have experience with cross-contamination and sterilization procedures
- We review all supplies for potential allergens
- We meet with camper and parents to review menu, preferences and read labels

We meet prior to the start of camp to:

1. Review menu
2. Develop Food Allergy Action Plan
3. Meet all the key players so camper and parents are comfortable with the summer support
4. Establish communication procedures

WE'RE ALL ABOUT

Our Healthy Meals Include:

- Fresh Fruit all day long
- Salad Bar (all separate items)
- Pasta Station including Rice Pasta
- Sandwich Station
- Rice Cooker
- Milk (2%, Skim, Chocolate, Lactaid, Soy, Rice)
- Vegetarian Options
- Gluten/Wheat-Free Options

Last Summer We Served:

- Grilled chicken & Boca burgers on gluten-free buns on BBQ night
- Tofutti & Rice Dream ice cream bars for snack
- Rice Pasta with gluten-free meatballs
- Chinese stir-fry with gluten-free sauce
- Local eggs with whole grain & spelt muffins

Fun • Choice • Individuality

Our program is based on individual choice. Campers design their own schedules from 50 activities including:

- Athletics (Team and Individual)
- Fine Arts & Crafts
- Performing Arts & Music
- Watersports (2 lakes)
- Science & Wilderness
- Swimming in a heated pool

LETTERS TO US

"Your staff took the time to answer all our questions. I had total confidence that everything would work for Rachel the way I had hoped."

– Karen

"Thank you so much, Sue, for giving Nick such a great summer! We looked long and hard for a sleepaway camp that could work with his food allergies while allowing him to feel just like everyone else. We will never forget his first phone call home, 'I had gluten-free s'mores last night and they were AWESOME!' "

– Marie & Richard

"The camp food is SO much better than school."

– David

"Jesse came home eating more variety than I had ever seen. Thank you for your patience and all the special attention."

– Elaine & John

Girls and Boys
Age 8 – 15
Overnight
3 1/2 week sessions

Summer Address

212 Longview Avenue
Hinsdale, MA 01235

800.782.3395

203.482.2177
(Sue's Cell)

Winter Address

91 Minuteman Road
Ridgefield, CT 06877

Directors:

Sue Lein & Kevin McDonough
Marv & Addie Lein

Family owned and directed since 1968

Located in the Berkshire Mountains of western Massachusetts. 3 hours from NYC and Boston, 20 minutes from Lenox and Tanglewood. 15 minutes to Berkshire Medical Center

Member of:

The Food Allergy and Anaphylaxis Network
Raising Our Celiac Kids
Crohn's Colitis Foundation of America

directors@campemerson.com
www.campemerson.com