**2025 CVCA Middle School Retreats**

**Camp Carl Special Dietary Requirements**

While we do our best to serve meals that most people will enjoy, we understand that they may not enjoy everything. We do try to offer a variety of menu options and staples at each meal. However, due to the nature of our setup and Health Department guidelines, we cannot accommodate every need. The following is a list of limitations to our meal plan:

**Specialized Meals:** We are not able to serve individual specialized meals. If a camper brings to our attention that they are unable to eat what we are serving, we will do our best to find something else, but this must be the exception, not the rule.

**Food Allergies**: We understand that some children have food allergies, and we will do our best to assist your camper in this area. We want your campers to be safe and healthy while at Camp Carl.

**Camp Carl Guidelines for Food Allergies: *We will not be providing specially prepared gluten-free, dairy-free, or vegetarian options from our kitchen.*** However, we often have these items on our buffet line each meal. We will do our best to guide your camper on what they can and cannot eat on our buffet line, but it is ultimately your camper’s responsibility to watch out for himself/herself. To be most helpful, your camper must be able to identify what they are allergic to. If a camper is lactose intolerant, they need to know all related dairy products to which they will have a reaction. For example, the camper must know that if cheese gives them a reaction, they cannot eat the lasagna.

**Please Note:** We only have one kitchen, and all foods are prepared in the same space. If you have questions or concerns about our policies or your child’s food allergy, please call Camp Carl at 330-315-5665 ahead of your camper’s time with us. Additionally, please notify the camp nurse at Check-In about your child’s allergy to ensure it’s included on their health form.

**Bringing Your Own Food:** Due to Health Department regulations, we are unable to keep and store your camper’s food in our kitchen. If it is determined that your camper will be unable to eat most of the food we are serving, you could arrange with Camp Carl to bring individual meals for your child. A microwave and refrigerator would be available to them in a public area for them to store and warm their food. You may send supplemental nutrition bars (Power Bars, Clif Bars, granola bars, etc.) or nutritional shakes in a can (Ensure, Ovaltine, etc.).