

Oasis Camp is fully committed to ensuring a safe, relaxing environment for anyone with food allergies and/or intolerances. It's all in the preparation!



ALLERGIES

PREVENTION

With clear communication, collaboration and planning we are able to cater safely for individual and multiple dietary requirements.

We prepare nearly everything fresh from scratch using quality produce so our menus are extremely adaptable and nutritious.

- NUTS

The Oasis Kitchen does not use any nuts or nut products.

We seek to reduce the risk of anaphylactic reactions at Camp Oasis by being an allergen aware environment.

All Oasis staff regularly update their First Aid qualifications; obtaining Level 2 First Aid Certificates and are trained in recognising and responding to severe allergic reactions.

The Camp First Aid kit contains an Epi-pen. This information is passed onto the leaders of the group.

Staff and campers are asked to abstain from bringing any nuts, or products containing nuts, into camp and they are reminded that if they consume products containing nuts off-site, they should wash their hands thoroughly afterward.

Self Catering groups will be asked to abstain from bringing any nuts, or products containing nuts to the main lodge and kitchen, and to wash their hands thoroughly if they consume products containing nuts elsewhere.

OTHER ALLERGIES & INTOLERANCES

- **EGG, SHELLFISH, SEAFOOD, GLUTEN, LACTOSE, FRUCTOSE...**



Our Catering Team is highly experienced in adjusting and producing dishes friendly to many common (and not so common) food allergies and intolerances.

We carry gluten free, dairy free breads, mixes, pastas, pizza bases, wraps etc.. and all our meats are purchased fresh (i.e **not** pre-prepared 'paras' etc). We also produce our own egg replacer for baking.

DISCLAIMER

It is important that all parties (camp staff, parents and campers) clearly understand that, in no way, can we guarantee that we will be a completely "ALLERGEN FREE" environment.

Many nut free, egg free, dairy free etc products have labels stating "may contain traces of (*insert allergen*)" or "produced in a facility where (*insert allergen*) is also used".

Due to this we must state that whilst we endeavour to source allergen free products, we cannot guarantee beyond all doubt, that our food will be totally free of traces of nuts, nut products and other allergens.

CULTURAL & LIFESTYLE DIETS

The experience and expertise of our Catering Team means we are able to cater for many and most diets applicable to cultural beliefs and lifestyle choices. We strive to produce delicious, culturally appropriate and lifestyle specific dishes with respect and understanding.

Simply advise us as soon as possible for people in these categories PRIOR to camp.



SHARING THE LOAD

Everybody wants to enjoy their dining experience at Camp Oasis and whilst the Catering Team work very hard to ensure that happens it's easier if we're all involved.



PRIMARY AND YOUNGER CAMP GROUPS

Diet Co-ordinators (Teachers/Camp Supervisors) will meet with the Chef to discuss the dietary list provided to camp, menus, service and any last minute details at Induction.

Additionally, they will be provided coloured coded wrist bands reflecting the dietary requirements provided to the camp to be distributed accordingly at meal times, OR for the duration of camp, that will alert staff to their specific dietary requirements.

- We ask that students display their wristbands prominently. (we have had occasions of them being tucked under sleeves which causes some problems)
- Whenever possible we ask campers with dietary requirements to also communicate their own dietary requirements to our kitchen team at every meal/snack service.
- Campers with dietary requirements will be invited to come to the service area first and separately from the main group. If the meal being served is appropriate for all this will be communicated to the Diet Co-ordinator/s prior to service.
- We also ask the Diet Co-Ordinator to accompany campers with dietary requirements to the service area. Once all dietary specific meals are served we will continue service for the remaining group.

ALL VISITORS

We ask all campers and staff to recognise that they are responsible for themselves, and personally do all they can to avoid allergens that could cause anaphylaxis and even mild adverse reactions.

Carry a valid Epi-pen at all times and if possible, bring at least two Epi-pens to camp. (Allergen & Nut Awareness Policy Nov 2019). To wear their medic alert bracelet or tag, stating the use of epinephrine, if appropriate. To wash hands before eating anything. To not share food, utensils or straws with anyone.

To promptly inform a staff member of accidental exposure to a known allergen.