

## Does GSBC Accommodate Food Allergies and Dietary Restrictions?

Yes. However, due to the size of the kitchen and staff, the accommodation list is restricted to the following:

- Peanut
- Tree Nuts
- Dairy & Lactose - Free
- Mustard
- Gluten - Free

### How We Handle Dietary Information:

During registration, you'll have the opportunity to share details about any food allergies, intolerances, or dietary restrictions. This includes the severity of the allergy and any specific exceptions (e.g., if you take lactose pills or if your allergy applies only to raw forms of an ingredient).

If our kitchen team has any concerns about accommodating your dietary needs, we will contact you to collaborate on a menu plan. Otherwise, you can trust that we'll follow the information you provide during registration to ensure your dietary requirements are met.

Our goal is to work with campers and guests to ensure their dietary needs are safely and comfortably accommodated throughout their stay.

### Meal Service for Special Diets

Campers and guests with dietary needs should begin each meal by visiting the **kitchen counter near the beginning of the food line**. Here, you can:

- Connect with our kitchen staff about the meal.
- Collect alternative meal options tailored to your dietary requirements.

If you have any questions or concerns during your stay, our kitchen staff is always available to assist.

### Bringing Your Own Food

If you prefer to bring your own prepared meals to meet your dietary needs, that's fine too. GSBC offers:

- Refrigeration and freezer space for storing your food.
- Microwave access for reheating.

**Important Note:** Campers bringing personal food items should clearly label them and ensure they do not contain nuts or peanuts, as GSBC is a nut-aware facility.

### Dietary Considerations and Clarifications

#### Peanut/Nut Allergies:

GSBC is a nut-aware facility. We do not serve foods containing nuts or peanuts from our kitchen or camp store. However, some camp store items may carry "may contain" warnings, so guests with severe allergies should avoid purchasing these products.

#### Celiac/Gluten-Free Diets:

Although GSBC is **not** a gluten-free kitchen, we provide gluten-free alternatives and have successfully accommodated guests with gluten-free needs, including those with Celiac disease.

For guests with **severe gluten allergies or Celiac disease**, we take additional precautions:

- We use clean cutting boards, utensils, and cookware when preparing gluten-free items, and we have dedicated gluten-free toasters, and fryers.
- All meal items are portioned separately.
- These portions are served at the special diet counter to help minimize cross-contamination risks.

*Please note that, despite these efforts, trace amounts of gluten may still be present, as regular flour and gluten products are used in the same kitchen.*

### **Cross-Contamination**

We take extensive precautions to minimize cross-contamination for all allergens. However, because meals are prepared in a shared kitchen, trace amounts of allergens may still be present.

### **Our Commitment to Safety and Comfort**

At GSBC, we strive to provide safe, inclusive, and enjoyable dining experiences for everyone. If you have any questions or special requests, please contact us before your visit or speak with our kitchen staff during camp.

If you have specific questions before your visit, please feel free to contact us.