



NUT AWARE POLICY

At the Co-operative Young Leaders camp, we provide a NUT AWARE environment. Put simply, we do not provide any foods that contain or may contain nuts and nut products and ask families to refrain from sending foods and personal care items with nut products to camp. In addition to being NUT AWARE we have also adopted a NO SHARING FOOD policy as there are many foods to which campers are allergic. Our facilitators eat with their campers and actively supervise lunch and snack times to help reinforce this important policy.

How we support campers with life-threatening allergies

1. During staff training, we strive to bring awareness of this condition and discuss how to recognize and respond to allergic reactions.
2. We provide snacks and optional lunches which are Nut Free in keeping with our NUT AWARE environment.
3. When participants (and facilitators) celebrate a birthday during camp, we recognize the occasion in our dining room during dinner. We ask you to avoid sending food items, such as cakes or donuts to share. If you do choose to send something for your child to share with their group, it is a good idea to speak to the team lead for more information.

What Can Your Family Do to Help?

In some cases, participants have allergies which are life threatening, called anaphylaxis, and even being touched by someone who has a trace amount of peanut butter or other allergen on their hands can trigger an allergic reaction – some severe allergies are induced by just the smell of an item such as peanut butter. We ask all camper families to be mindful of allergies and kindly respect our NUT AWARE environment.

- Please DO NOT send food or personal care items to camp that contain or may contain peanuts or tree nut products.
- Please read ingredient labels before you send food and sunscreen to camp as many foods and personal care products contain traces of nuts and peanut products
- Ensure face and hands are thoroughly washed with soap and water before leaving home in the morning, especially if food containing peanuts or nut products were consumed.
- Remind participants of our camp's "no sharing food" policy.

Please keep in mind that the emergency treatment of anaphylactic allergies involves the immediate injection of medication with an epinephrine auto injector (EpiPen, Allerject or Emerade) and a trip to the hospital. Your help in following the simple steps listed above will ensure that we are all working together to provide a safe environment for everyone.