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### **A Safe and Nut-Sensitive Environment: Why?**

The danger of nut allergies is a real and growing health concern among camps, daycare centers and schools throughout the country. As many as 6% of school-age children may be allergic to foods such as peanuts and tree nuts. In many cases, if a child with a nut allergy eats, touches or even breathes a tiny amount of nuts, serious side effects may occur. Peanuts are one of the most common food allergies and the leading cause of “anaphylaxis,” a reaction that may result in potentially fatal airway closure.

Several children who attend camp have a serious nut allergy, so we strongly encourage camp families to avoid the use of nuts or nut products in lunches or snacks brought from home. All snacks provided by Center Day Camps will be nut-free, and any camp-sponsored lunches (i.e. overnights, food for children who left lunches at home) will be made from soynut butter. Nut-free tables in eating areas will be provided for all Center Day Camps at meal times.

Soynut butter is a wonderful and healthy peanut butter substitute. Many varieties (crunchy, smooth, with and without honey, chocolate) are available at Trader Joe’s, Kroger, Hiller’s and Meijer.

While our goal is to provide a safe camping experience for all our campers, we must rely on families to help us with this effort.

Thank you for working with us.

