

# Gundiwindi Lodge Dietary Requirements

Dear Valued Customer,

Updated, February 2019

As part of the changing world we live in... Dietary concerns and allergies have become more prominent amongst society. Those affected, being an increasing number of people across a wide range of ages, cultures and many of the population in general. Here at Gundiwindi, we have traditionally catered for a wide range of user groups needs in relation to specific individuals dietary needs and continue to adapt and modifying the way in which we offer this service. We have changed our approach in how we cater for a camper with any of the following dietary concerns; **ALL Food and Nut Allergies, Anaphylactic Food Allergies, Coeliacs Disease sufferers and (in some instances) Diabetics.**

We are now requesting that any camper with a dietary consideration listed above complete the attached **"Dietary Requirements Form"** and have their camp coordinator return it to Gundiwindi Lodge at least one week prior to camp. In addition to the above, we are requesting all our user groups to adopt the following policy; **"Campers with Dietary Needs"**. ***"Any camper/s with a food allergy that is anaphylactic in nature, or of serious dietary concern, is/are encouraged to bring all 'prepared' meals and/or "safe snacks" to camp. (This is not compulsory and the kitchen staff at Gundiwindi remain prepared to work with schools to achieve the best outcome for each camper with dietary concerns / food allergies)***

***All perishable foods must be clearly labelled (including use by dates), packaged at the correct temperature in accordance with the Foods Safety Standards requirements for all delivered food at point of delivery to kitchen. These foodstuffs will be temperature checked upon arrival and if failing the above requirements (as with all food deliveries) the camp is obliged not to accept the items and return them to the parent. Parents supplying food must sign the attached "Camper with Parental /Guardian Supplied Food Form", stating that the supplied foods comply with the dietary requirements of the camper, and that they are asking the camp to undertake the service of these foods to the child as required. All contact details on this form must also be completed. In addition to this a camper may choose to bring along his/her own, plates, bowls, cups, cutlery, mugs etc; however, this is not essential.***

***Any camper with food allergies who elects to enjoy "Gundiwindi's Menu" must complete all details within the "Dietary Requirements Form" together with signed/ dated parental approval of the group menu. They are further requested to bring suitable snack items and drinking chocolate. These items are to be stored in the dining room, not cabins.***

***In the instance of a Camper with Diabetes, the group menu will need to be sighted by a parent or legal guardian (if the camper is under the age 18) and signed/ dated stating that the menu is suitable for that camper."***

***In the instance of a Camper with Coeliacs Disease, the group menu will need to be sighted by a parent or legal guardian (if the camper is under the age 18) and signed/ dated stating that the menu is suitable for that camper." Anything that is unsuitable **MUST BE CLEARLY MARKED.** They are further requested to bring along their own "Gluten Free" snack items, Cordial and Drinking Chocolate. These items are to be stored in the dining room, not cabins.***

It is suggested that the above policy be made available to all campers over the age of 18 and parents or legal guardians for those under the age of 18, so together, we can all ensure every campers' dietary safety.

Campers who request dietary changes to the menu for the reason being "vegetarian" will still be catered for as they traditionally were in the past. Again, appropriate notice must be given to Gundiwindi Lodge at least one week prior to the start of camp. Any campers with "dairy restrictions" are requested to BYO their choice of soy or suitable milk. In the instance of a camper supplying all their own foodstuffs, the student/s or camper/s concerned will not be charged for the food component of camp on the final camp invoice. However, Gundiwindi Lodge must be informed of this at least one week prior to camp.

We would like to thank all customers in advance for their understanding and support in implementing these changes. Finally, in line with Department of Education Guidelines – **we would ask all campers to refrain from bringing any nut items or foods containing any type of nuts to our campsite.**

Yours sincerely,



Tracey Alderman, **Owner Operator, Gundiwindi Lodge**

# Gundiwindi Lodge Dietary Requirements

## For Campers with any of the following:

- ▶ Any food allergy anaphylactic and non anaphylactic
- ▶ Coeliacs Disease and Gluten Free Diets
- ▶ Diabetics. This form must be completed, signed and dated by any camper with any of the above dietary concerns; (in the instance where a camper is not 18yrs + the parent or legal guardian must complete, sign and date this form.

**RETURN THIS FORM TO YOUR CAMP COORDINATOR**

## DIETARY REQUIREMENT FORM 2019

NAME OF CAMPER AND YEAR LEVEL.....

NAME OF SCHOOL/ GROUP.....

CAMP COORDINATOR.....PARENT/GUARDIAN (If relevant).....

*(Parents / Guardians please be sure you have a **copy of the menu** and make notes and offer suggestions of alternatives, attaching it to this form when returning to the camp coordinator)*

EMERGENCY PARENT/GUARDIAN CONTACT NUMBER (H).....\*MOBILE.....

### **FOOD ALLERGIES**

**Is your child anaphylactic? (Please tick) Yes.... No....**

1a. Is there a need for food to be cooked separately? YES ( ) NO ( ) *Please tick*

If YES, Please explain further

1b. Please circle: Are **traces of nuts** OK / NOT OK. 1c. Are **traces of eggs** OK / NOT OK.

**PLEASE PROVIDE FULL DETAILS OF ALL FOOD ALLERGIES**

### **COELIACS, GLUTEN FREE AND FOOD INTOLERANCES:**

Is your child a true COELIAC? (Please tick) Yes.... No....

Is your child GLUTEN FREE? (Please tick) Yes.... No....

Is your child DAIRY OR LACTOSE FREE? (Please tick) Yes.... No....

**PLEASE PROVIDE FULL DETAILS OF ANY FOOD INTOLERANCES OR DIETARY CONSIDERATIONS**

### **Please tick the box that applies, completing name, signature and date.**

I ..... (parent/guardian name) have carefully read the Gundiwindi Lodge Menu and hereby state that it is safe and suitable for my child's consumption.

Name.....Signature ..... Date.....

I..... (parent/guardian name) have carefully read the Gundiwindi Lodge Menu and hereby state that I will provide part catering OR all foodstuffs/ meals for my child at camp. (please circle) In the instance where there will be shared catering, I will hereby state specific items that are safe and suitable for my child's consumption, together with providing other suitable foodstuffs and meals for my child at camp. Any foods sent to camp will be transported in accordance with current food safety practices.

I..... (Parent/Guardian Name) hereby declare the foods I am supplying to Gundiwindi Lodge, being for ..... (Student/Camper Name) are clearly labelled (including use by dates), packaged and transported in accordance with current Foods Safety Standards requirements for all delivered food at point of delivery to kitchen.

*Please Note: Gundiwindi Lodge is obliged, as with all other food deliveries, not to accept the items and have them returned to parents /guardians if they do not meet the above standards.*

PARENT/ GUARDIAN NAME .....

SIGNATURE Parent/Legal Guardian/camper (18 yrs +)..... Date.....