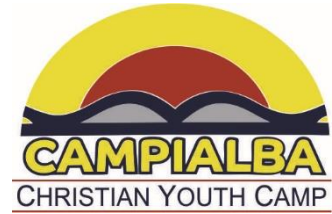


Food Allergies



We deal regularly with a wide range of dietary needs. We want you to enjoy our food during camp.

What will we do?

After we receive all the dietary information for your camp, we will create a food plan designed to match guest's food needs as closely as possible.

Food Standards Australia allergen categories	Peanuts	Tree Nuts	Milk	Gluten	Wheat	Eggs	Sesame Seeds	Fish	Crustacea	Soy	Lupin
We provide information about which meals contain this ingredient so that you know what to avoid *	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
We provide replacement meals where this ingredient is in a key dish(es) of the meal.	✓	✓	✓	✓	✓	✓					

* This information can be provided for the entire food plan 2 days before camp commences.

Allergies to other Ingredients: Please request an ingredients list from us 2 days prior to camp commencing.

Diabetes: We can provide a chart of carbs information for the menu 2 days prior to camp commencing.

Coeliac: We also have a toaster reserved for use by those with Coeliac disease to toast gluten free bread.

Severe Allergic Reactions: If you are at risk of anaphylactic reactions or other severe reactions to allergens of any kind, please detail this specifically when you complete your dietary information for camp.

Meat and Animal Products: We can provide information identifying where meat and animal products are used. This will help you make informed decisions about what to eat.

Cross-Contamination: Our kitchen produces food containing many ingredients. Staff make a careful effort to avoid any cross-contamination between foods containing allergens.

School Camps: We work closely with school staff to ensure children are given food that matches their dietary needs throughout camp, based on what parents list on the school camp form.

What you need to do?

Allergies v Diet Choices: We make provision for people with allergies. For other food preferences and diet choices, we provide detailed ingredients information so you can make good decisions about what to eat.

Guest Fridge: Check the food plan. If you need to bring food to supplement what is provided by Campialba, you are welcome to store it in the guest fridge in our dining room. Please label your food.

Check in: Those with food allergies must check in with kitchen staff at the commencement of camp to discuss their needs. We don't promise to provide replacement meals for people who don't check in.

If you or your child has questions or other issues not covered in this information sheet, just give us a call on 07 4124 3396. We would love to chat to you about you needs.