

# Allergy Procedure



Ridge Haven strives to make each guest's experience restful and rewarding. We hope that those with allergies may be able to attend camps and retreats at Ridge Haven. Yet, for the safety and wellbeing of all our guests, it is vital that those with allergies— along with their caretakers— take the time to be informed of Ridge Haven's procedures and limitations. Please review the following procedure and reach out to us with questions.

- (1) **We are not an allergen free facility.** While we limit the use of typical allergens in our menus and around campus, we are not altogether free of allergens. Additionally, Ridge Haven hosts guests on campus that bring and prepare their own food. Therefore, we cannot ensure that there will not be allergens brought onto our campus or in use on campus. This applies to both food and non-food allergens. We will certainly do our very best to limit contact but cannot guarantee it.
  - a. Those visiting our campus with medically diagnosed food allergies will need to make our Dining Staff aware of the allergy and the severity of that allergy before arrival so that we may prepare to serve you.
    - i. **Campers** will be able to list medically diagnosed food allergies during their online registration process. Please note the severity of any allergies.
    - ii. **Retreat Group Leaders** will need to provide the names, allergies and severity of allergies to Ridge Haven at least one week prior to arrival.
  - b. **Those with severe allergies should bring and carry emergency equipment (i.e. EpiPen) with them at all times.** Emergency medical care is only provided off campus through local medical providers/hospitals.
  - c. Ridge Haven does not have a licensed nutritionist on staff.
- (2) Guests with dietary restrictions or preferences should supplement our menu by bringing food with them. Any supplementary food items will be stored in a refrigerator/freezer in our Dining Hall, clearly marked with your name. **Please do not send any supplemental items that contain peanuts and/or tree nuts.** We have a microwave and will heat your supplementary items as needed, but **Ridge Haven staff will not cook food to order.**
  - a. For those who are Gluten Free or have dietary restrictions our options are very basic. Example of some items available for those with restrictions: at breakfast we normally have oatmeal and Cheerios available, at lunch we normally have rice and beans available, and at dinner we normally have tuna salad available. We strongly encourage that you bring your own items to supplement what is available to you if you wish more variety.