

**PINEWOODS CAMP, INC.**  
**POLICY ON SPECIAL DIETS**

Here at Pinewoods we serve a large number of campers with a small kitchen staff. We regret that we do not have the resources to accommodate all individual needs and preferences.

However, we do make an effort to provide a variety of foods; we always provide a vegetarian option (you must sign-up in advance), and, to the extent we are able, we *may* provide alternatives addressing some common needs and preferences, such as providing pizza with no cheese (a non-dairy alternative); *however*, we cannot promise that we will always be able to provide such alternatives.

To help address this problem, we have a refrigerated cart in the dining room that provides alternatives. Some examples of what is usually available are:

- \* Bread, peanut butter, and jelly
- \* Rice Cakes
- \* Cottage cheese
- \* Plain Yogurt
- \* Tossed Salad (at Lunch & Dinner)
- \* Raw vegetables
- \* Plain Tofu
- \* Cold Cuts
- \* Hard-Boiled Eggs
- \* Plain Tuna
- \* Plain cooked chicken
- \* Fruit
- \* Condiments (tamari, ketchup etc.)

If you require additional options, you will need to bring your own food with you. It can be stored in refrigerators in the Camphouse, Pinecones, and Hunsdon House. Please label your food clearly. We do not have food preparation or storage space for campers in the main kitchen. There are stoves in both Pinecones and Hunsdon house for camper use.

If you have severe food allergies, check-in with one of the head cooks at the beginning of your session, even if you have called previously, and ask about specific dishes if you have any doubts. Although we make an effort to list potential allergens, *Pinewoods cannot accept responsibility for notifying you of the presence of potential allergens in the food we serve.*

If you have additional questions or concerns, please call the kitchen **at least two weeks before your session** at 508-224-4020 9:00–11:00 a.m. or 2:00–4:00 p.m., and ask to speak with one of the head cooks.