

Lunch Guidelines

Campers bring their own **dairy or vegetarian style lunch**. We are a Jewish Community Center and are respectful of Kashrut dietary restrictions. Therefore, New Town Day Camp adheres to a dairy/pareve-only policy on lunches. **No meat or shellfish is allowed in the children's lunches, even if it is kosher meat.** A dairy/vegetarian lunch may include: bread products, jelly, cheese, tuna, white fish, salmon or lox, eggs, macaroni and cheese, pasta, rice, cheese pizza, hummus, yogurt, vegetables, fruits, soy and vegetarian products, beans, and healthy treats. We will be refrigerating children's lunches but we recommend including a re-usable ice pack in your child's lunch box.

Kindly make sure all food is prepared in child-size portions, cut-up/sliced/peeled and in non-breakable containers for easy and safe eating. All lunch boxes, bags and thermoses need to be labeled with your child's name. If you like, you can include something for your child to drink with lunch in his/her lunch box, otherwise, we will provide water for your child to have with lunch.

Please note that New Town Day Camp is a **NUT-FREE ZONE**. We have eliminated **ALL** nuts, including peanuts and peanut products because many of our campers (and counselors) have severe allergies to these products. Please check the labels of snack products, because even foods without nuts may have been produced in a plant that manufactures or process products with peanuts and/or nuts. This information is typically noted at the end of the list of ingredients. Thank you in advance for your cooperation to ensure the health of all of everyone at camp.

Please inform us if your child has any food allergies or has a special diet. If you have any questions or concerns, please speak with the camp director or with your child's head counselor.