Special Diet Solutions

One of the biggest challenges camps face in food service is the safe service of special diets. Wolfoods takes this responsibility very seriously.

In this session you will learn best practices on providing balanced food service for a variety of needs at camp.

Cornell University
School of Hotel
Administration

EST ICC 1984

INTERNATIONAL
CULINARY CENTER

TABLA

CAESARS
PALACE

MICHAEL WOLF

serendipity 3

GULFSTREAM

HILLSTONE
RESTAURANT GROUP

sourcespoon
knowledge served daily

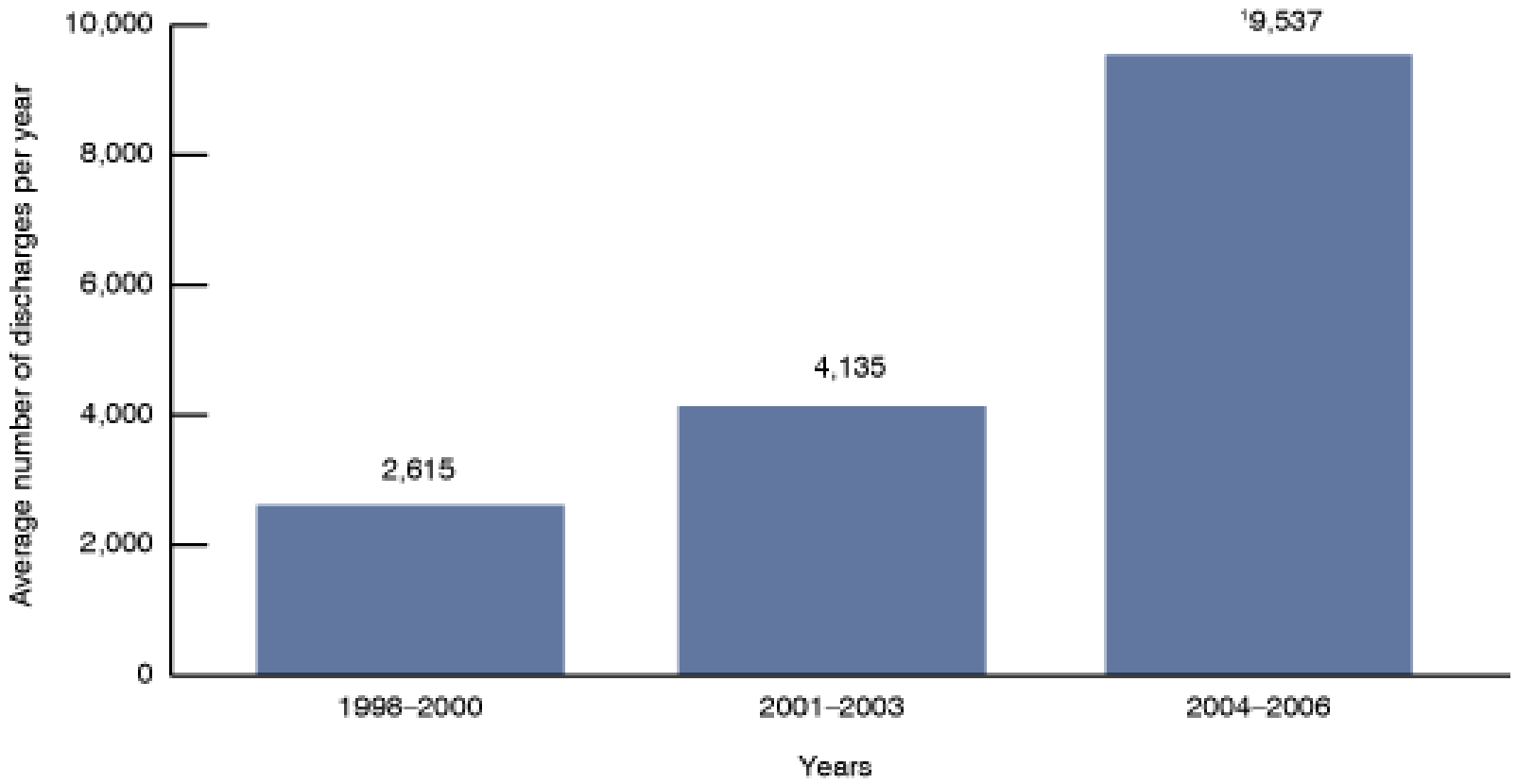
WOLFOODS

JOHN LEINHARDT

13-year-old Natalie Giorgi died of an allergic reaction to peanut butter while staying with family at Camp Sacramento in El Dorado county, Calif.

(KBET)

Figure 4. Average number of hospital discharges per year among children under age 18 years with any diagnosis related to food allergy: United States, 1998–2006



[1]Statistically significant trend.
SOURCE: CDC/NCHS, National Health Interview Survey.

Special Diet Solutions

- Special Diet Defined
  - Types of Special Diets
  - Types of Allergies
- Top 8 Allergens
- Camp Policy
- Medical Forms
- Training
- First Day of Camp
- Meal Communication
  - Special Diet Board
- Labels
- Wrist Band System
- Special Diet Chef
- Salad Bar
- Cross Contamination
  - Tools
  - Had Washing / Table Cleaning
- Checking Lables
- Food Programming

What is a "Special Diet" ?

- A special diet exists whenever an individual eats food that differs from the general population.
- Special Diets can mean so many things;
  - *Religion*; Kosher, Hallal, Buddhism, Hinduism
  - *Choice*; Vegan, Vegetarian, Gluten Free, Low Fat
  - *Medical Condition*; Liquid, Sugar Free, Cholesterol, PKU, Sodium, Soft Food, Caloric Intake
  - *Allergen*; Nuts, Fish, Eggs, Wheat, Soy, Sesame

Types of Special Diets

Elective Special Diets

- Vegetarian
- Pescatarian
- Vegan
- Gluten Free
- Low-Fat / Low-Calorie
- Paleo
- Ketogenic
- Atkins

Food Allergies

- Celiac
- Dairy
- Tree Nuts
- Peanuts
- Sesame
- Eggs
- Fish
- Soy
- PKU
- Food Coloring
- Latex

TOP 8
FOOD
ALLERGENS
Milk
Fish
Soybeans
Tree Nuts
Peanuts
Eggs
Shellfish
Wheat

Food Allergies

- 8 Foods Cause 90% of Allergic Reactions in the US
  - Milk
  - Wheat
  - Eggs
  - Soy
  - Peanuts*
  - Fish *
  - Tree Nuts *
  - Shell Fish *

* Indicates Allergens Most Common to Cause Anaphlyaxis

- In most cases, people with allergies develop mild to moderate symptoms, such as watery eyes, a runny nose or a rash. But sometimes, exposure to an allergen can cause a life-threatening allergic reaction known as **anaphylaxis**. This severe **reaction** happens when an over-release of chemicals puts the person into **shock**.
- More than 170 Foods are known to cause food Allergies
- The same food can cause different symptoms from one person to another

https://www.youtube.com/watch?v=iQodvzA1ynY

Does your camp have a clearly defined Special Diet & Allergy Policy?

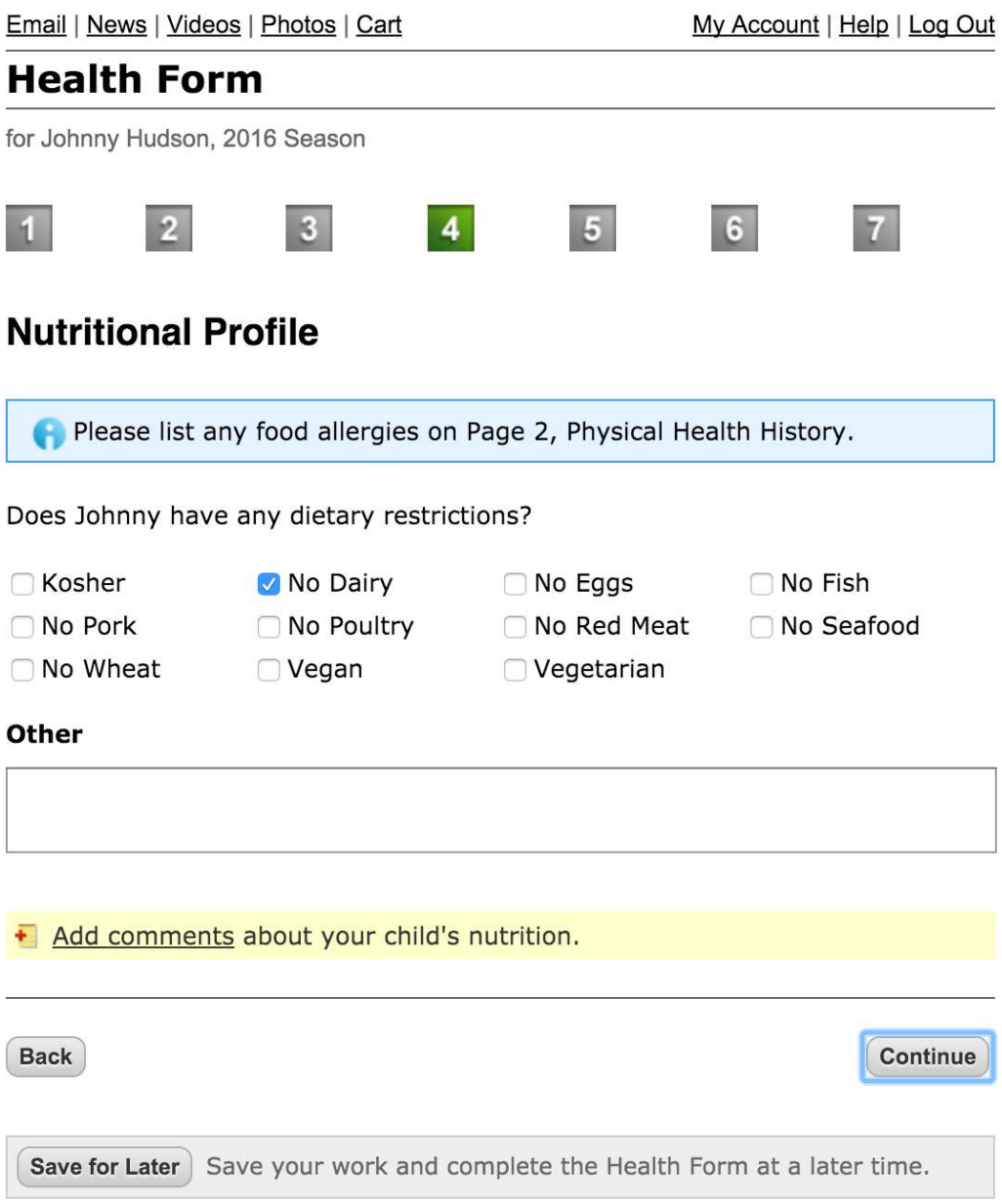
Define Camp's Policy!!!

- Example; Brant Lake Camp
  - https://www.brantlake.com/all-about-blc/health-nutrition/allergies-special-diets
- Example; Camp Li-Lo-Li
  - http://www.liloli.org/sites/default/files/files/lll_special_diets_policy_0.pdf
- Nut Free vs. Nut Aware
- Kosher vs. Kosher Style

How does your camp manage special diet information parents communicate on medical forms?

Medical Forms

- Submission Date
- CampMinder
  - Allergens Not Listed
  - Not enough Details
    - Foods to be Omitted
    - Proper Substitution
    - Is a Special Diet required?
      - Ie. Lactose Free vs. Dairy Free



Medical Forms

- ACA Form
  - More Detail

- WHAT SHOULD CAMPS DO??
  - All camper parents with any special diets listed on forms should be contacted directly.
  - Subsequent Special Diet Form
  - Dialogue between camp representative and parent

Camper Home Address: _____
Street Address City State

Parent/guardian with legal custody to be contacted in case of illness or injury:
Name: _____ Relationship to Camper: _____ Preferred Phones: (____) _____ (____) ____
Email: _____

Home Address: _____
(If different from above) Street Address City State Zip Code

Second parent/guardian or other emergency contact:
Name: _____ Relationship to Camper: _____ Preferred Phones: (____) _____ (____) ____
Email: _____

Additional contact in event parent(s)/guardian(s) can not be reached:
Name: _____ Relationship to Camper: _____ Preferred Phones: (____) _____ (____) ____

Allergies: ☐ No known allergies. ☐ This camper is allergic to: ☐ Food ☐ Medicine ☐ The environment (insect stings, hay fever, etc.) ☐ Other
(Please describe below what the camper is allergic to and the reaction seen.)

Diet, Nutrition: ☐ This camper eats a regular diet. ☐ This camper eats a regular vegetarian diet. ☐ This camper is lactose intolerant. ☐ This camper is
☐ Other, ***please explain in space.***

Restrictions: ☐ I have reviewed the program and activities of the camp and feel the camper can participate without restrictions.
☐ I have reviewed the program and activities of the camp and feel the camper can participate with the following restrictions or adaptati

Does your camp conduct any training for staff related to special diets & allergies? Who is trained?

"ENSURING THE SAFETY OF CAMPERS IS EVERYONE'S RESPONSIBILITY"

TRAINING

- Medical Staff
- General Staff
  - Unit Heads
  - Counselors
  - Program Specialists

- Each Campers Special Diet
  - Understand the Special Diet
    - What they CAN'T EAT
  - Ensuring Safe Delivery of Special Diet Meal
    - Camper First Mentality
  - Checking Labels
  - Identifying and Managing an allergic reaction
    - Epi Pen

"ENSURING THE SAFETY OF CAMPERS IS EVERYONE'S RESPONSIBILITY"

TRAINING

- KITCHEN STAFF
  - Food Service Director
  - Chefs
  - Special Diet Chef
  - Support Staff

  - All Topics Medical & General Staff Cover, as well as….
    - Importance of Hand Washing / Sanitizing
    - Designated Special Diet Tools / Work Space
  - T E S T I N G !!!!

Training

- Types of Training
  - On Site;
    - Review Medical Forms
    - Nutritionist / Dietician
  - On-Line
    - ServSafe
    - IFSQN (International Food Safety Quality Network)
    - Sourcespoon (Camp Specific)

sourcespoon
knowledge served daily

sourcespoon
knowledge served daily

Mike Wolf

- Dashboard
- Accounts
- Reports
- Media Library
- Notice Board
- Inform
  - Manuals
  - Training Videos
  - Glossaries
- Teach
- Files
- Schedule
- Quiz

Wolfcamp.com - Wolf Ramah

Inform > Manuals

The Diners - Who's Who

Special Diets

This category of diners is one of the most important to understand and follow. These diners MUST receive their requested foods exactly as requested. The following rules must be followed exactly as it could be a matter of life and death:

1. Identify the requests of the campers ahead of time with a photo record and a signed list of special dietary needs by the camper and parent/specialist
2. Nuts and sesame must not be in ANY ingredients
3. Always have sufficient common requests such as lactaid milk, gluten free bread, tofu, veggie burgers and gluten free muffins in quantity at any time.
4. All specialty diets MUST be handed to the special dieter directly.
5. Special foods stored in the kitchen must be correctly labelled and kept under lock and key.

Index

G) The Dining Experience

- The Diners - Who's Who
- Steps Of Service
- **Special Diets**

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Contact us

https://youtu.be/om9MBtLJ8IY

FIRST DAY OF CAMP

- Camper Should Meet with;
  - Other Special Diet Campers / Staff
  - Food Service Director
  - Special Diet Chef
  - Counselor
  - Unit Head
  - Camp Nurse

- Confirm Special Diet
  - If there any discrepancies from what the camper is communicating vs. Health Form => Contact Parent
- Walk Camper through Meal Service Procedures
  - Where do they confirm if the food is safe?
  - Where do they go to pick up?
- Assure Camper of Camp's Safe Food Handling procedures
- Obtain Special Diet Wrist Band (if applicable)

How are special diets communicated at each meal?

COMMUNICATING AT MEALS

- Camper Safety = Priority
- Special Diet Food Picked up FIRST, not last
- TEAM APPROACH;
  - Counselor / Unit Head must be present to confirm
  - Food delivered to camper must be appropriately wrapped and labeled
- ALLERGY COMMUNICATION BOARD / Projector

Special Diet Allergy Chart

FOOD ALLERGIES

MENU ITEM	Milk	Eggs	Fish	Tree Nuts	Peanuts	Gluten	Soy Beans	Sesame	Vegetarian	Vegan	Other

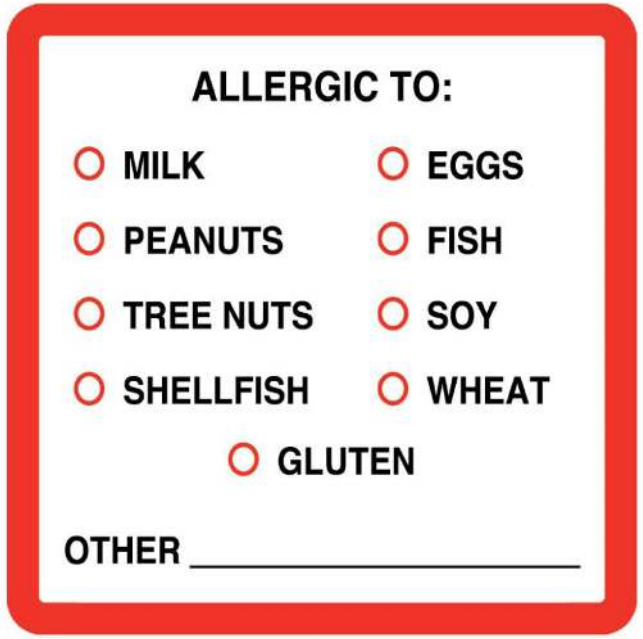
Types of Meal Labels

- Camper Name
- Bunk
- Special Diet

EXAMPLES:

Esther Berger; GF; Habo 2

Mordi Katz; No Nuts, DF, Soy; B3



https://www.unitedadlabel.com/healthcare/food-services/food-allergy-special-diet

SPECIAL DIET IDENTIFIERS; THE WRIST BAND SYSTEM

https://www.allerbuddies.com.au/

DESIGNATED SPECIAL DIET CHEF

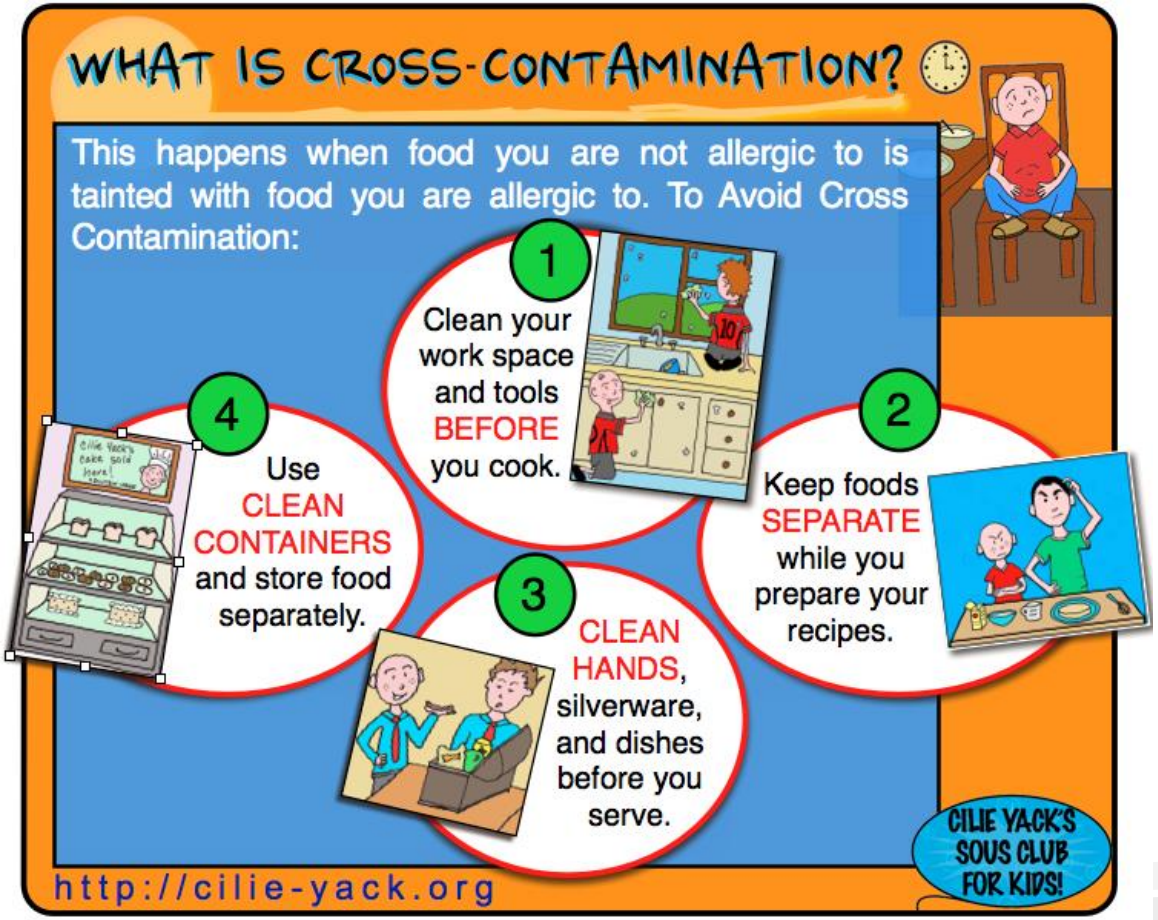
SALAD BAR

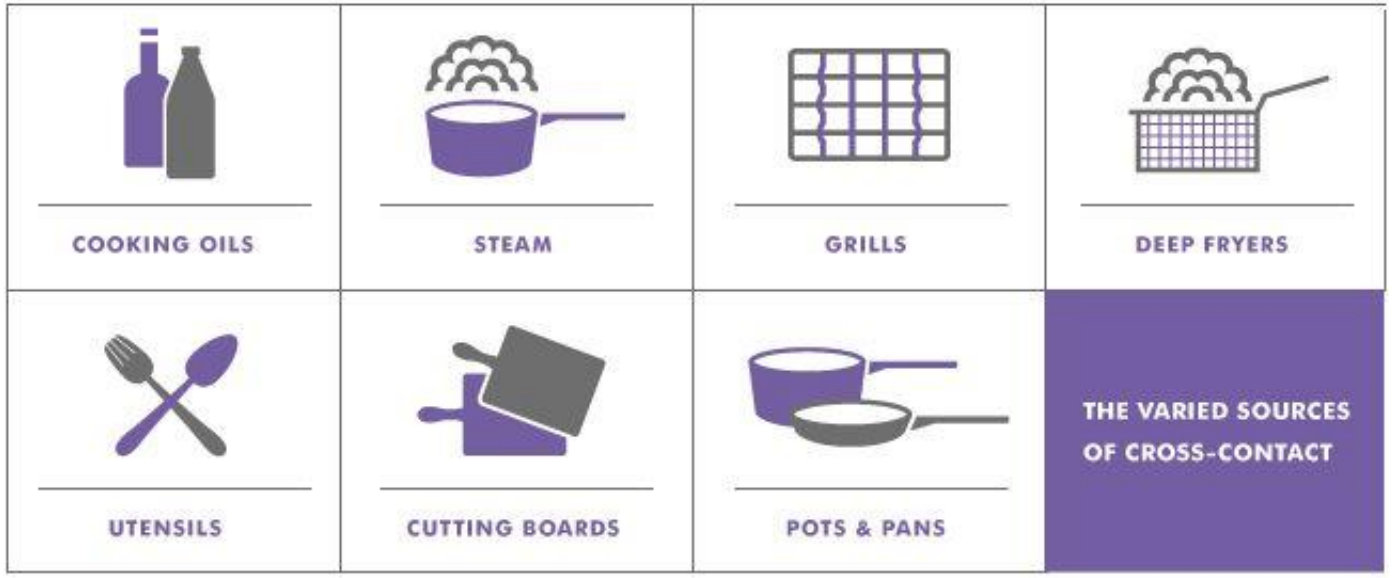
- Determine (Day 1) if the Salad Bar is safe for camper to eat 100% of the time.
  - If ever there may be an allergen present, inform the camper not to eat from Salad Bar
  - Provide separately prepared, wrapped, & labeled salads for Special Diet Campers
  - Some Camps have “Allergy Free Salad Bars”; URJ Crane Lake

Cross Contamination

Cross-contamination can happen when a small amount of a food **allergen** gets into another food accidentally, or when it is present in saliva, on a surface or on an object. This small amount of an **allergen** could cause an **allergic** reaction.

Cross Contamination





Hand Washing / Table Cleaning

DESIGNATED SPECIAL DIET TOOLS / WORK SPACE

https://www.webstaurantstore.com/video-2472/san-jamar-allergen-saf-t-zone-system.html

Separation

- Dedicating Work Space is Step #1
- Dedicating safe dining spaces may be necessary
  - What allergens are present at meals?
    - Falafel Day (Sesame)
  - Nut Free Table

CHECKING INGREDIENT LABELS

Food Allergen Labeling and Consumer Protection Act

What is FALCPA?

FALCPA requires that any food regulated by the Food and Drug Administration (FDA) be labeled in a specific way to identify any of the "Big Eight" allergens. This makes it easy for consumers and restaurateurs to quickly determine common allergens. FALCPA is an amendment to the Federal Food, Drug, and Cosmetic Act and applies to all food products labeled on or after January 1, 2006.

CHECKING LABELS

EXAMPLE 1

Nutrition Facts

Serving Size 1/2 oz (14g)

Amount Per Serving	
Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 0g	**0%**
Sugars 8g	
Protein 0g	

Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono and diglycerieds.

EXAMPLE 2

Nutrition Facts

Serving Size 1/2 oz (14g)

Amount Per Serving	
Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 0g	**0%**
Sugars 8g	
Protein 0g	

Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Enriched flour (flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono and diglycerieds.

Contains: Wheat, Milk, Egg, and Soy.

FALCPA Labeling Requirements

FALCPA labeling requirements are met if the common or usual name of an ingredient (i.e. buttermilk) that is a major food allergen already identifies that allergen's food source name (i.e., milk). Otherwise, the allergen's food source name must be declared at least once on the food label in one of two ways:

1. In parentheses following the name of the ingredient. For example: "Lecithin (soy), Flour (wheat), and Whey (milk).“

2. Immediately after or next to the list of ingredients in a "contains" statement. For example: "Contains Soy, Wheat, and Milk.“

CAMPER FOOD PROGRAMMING

- What precautions are we taking outside of the Main Kitchen / Dining Hall?
- Are your Camper Food Programs “Allergy Free”?
- What Training has your Cooking Specialists been a part of?
- Is an Epi-Pen present?
- How are Cooking Program areas cleaned & sanitized?

Special Diet Best Practices

- Understand Special Diets & Allergens
- Define Camp's policy
- Medical Forms
- T R A I N I N G ! ! !
- First Day of Camp
- Meal Communication
- Wrist Band System
- Special Diet Chef
- Preventing Cross Contamination
- Label Checking