Feeding everyone safely at camp: Inclusive Menu Planning with Allergies & Special Diets

Girl Guides of Canada
Guides du Canada

Goals of the Training

- Introduction & logistics
- Pre-training questions
- Inclusion of special diet in unit camp
- Intro to vocabulary of special diets
- Menu planning & working with various special diet
- Label reading
- Resources
- Questions? Questions? Questions

Your trainers

Erin DeBruin

- BC Camping Committee
- Trainer Candidate
- Learned about special diets by doing

Gelina Berg

- Registered Dietician
- Guider, known as Candy Owl to her Brownies

Training Demographics

- Have over 60 Guiders interested in participating in this session.
- We cover 9 of 10 areas in the province
- We are:
  - Unit Guiders, Trefoil & Link,
  - DCs, ACs, PCs, Trainers & Resource Guiders
  - QMs at all level of camps from unit weekend camps to SOAR food services

Your experience working with special diets

Other experience includes

- Celiac
- Diabetic
- Allergies to: food dyes, garlic, soy, seafood

Questions you had:

- How to provide a safe environment for those with dietary needs
- Does it help if the whole unit knows about the girl's allergy?
- Ideas for vegetarian main dishes for dinner at camp?
- Hot drink option that is suitable for mug-up for a diabetic girl.
- Where to find/brand names that are nut free and seed free
- How to do special diets without breaking the bank
- How to deal with girls who won't eat healthy food. They only want sugary and prepackaged 'garbage' and high carbohydrates.
- If a girl has an allergy and the parent brings some food that she can eat, do you discount their camp fee?
- How to make meals the rest of the girls will eat without having separate meals for everyone
- Reading labels
- Dealing with learning about an allergy/special diet at the event
- I have a girl who is Halal. I am not always sure what to do with this.

INCLUSION OF SPECIAL DIETS IN OUR UNITS & CAMPS

Jessica had an amputation when she was little. She has an artificial leg. She is really looking forward to camp.

- The Guider says I don't see why you need that fake leg. The other kids don't. You aren't allowed to wear it this weekend. You can come, but I'm taking the leg away from you.
- You can still come to camp, but you have to sleep in a different room and you aren't allowed to do the activities with the other kids because you might slow them down.
- The Guider says: I really wish I didn't have to deal with a kid like you. It makes things really hard. The other kids suffer because we have to wait for you.
- The Guider calls the parents and says Jessica can come to camp, but you have to plan all the activities for her, I'm not going to try to make sure there is stuff she can do. You're fine with that though right?
- The guider takes a little extra time, talks to the parents and asks if there are any signs they should watch for, and Jessica comes to camp, just like all the other kids.

Now consider Becky. She is allergic to eggs and nuts. Her parents found out about her allergies when she was a year old. She is really looking forward to camp.

- I don't see why we have to have different food because of you. We always have eggs and toast for breakfast at camp. You can come, but we're still cooking eggs.
- You can still come to camp, but you're going to have to sit at your own table, and eat at a different time than the other kids because I don't want to have to worry about your allergies and cross-contamination.
- I really wish I didn't have to deal with a kid like you. You make things really hard. We can't even have granola on our hike, which isn't fair to the other girls.
- The Guider calls the parents and says Becky can come to camp, you have to pay the regular registration fee, and you also need to provide all her own food because we're not doing that and she can't help with cooking, or clean up so the other kids will feel like she's not really part of the group, but you're okay with that right?
- The guider takes a little extra time, talks to the parents, reviews the menu with them to see if they have any concerns or suggestions and Becky comes to camp just like all the other kids.

Things people say….

To someone who lives with this every day, these aren't funny…..

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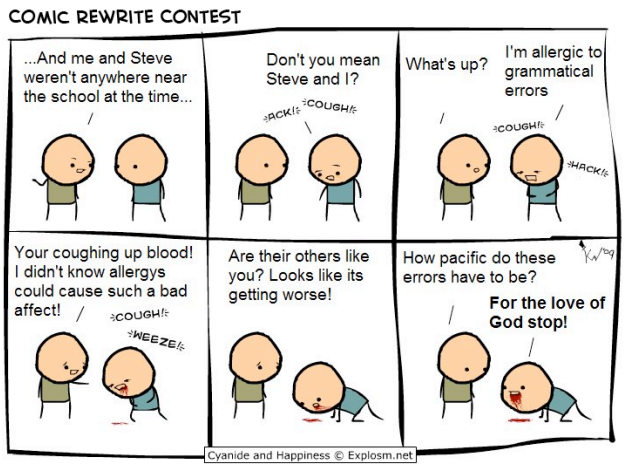


INTRODUCTION TO SPECIAL DIETS

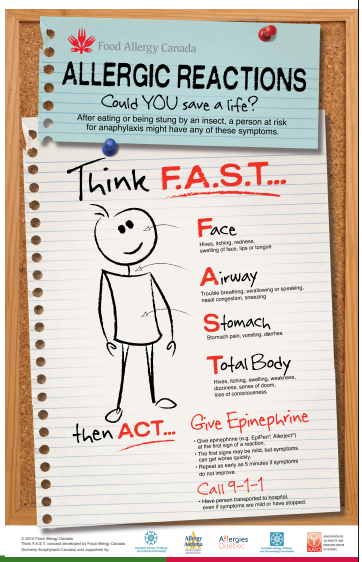
Definitions
Things to avoid or look for
Suggestions for work around

Definition of Food Allergy

- Food Allergy involves an immune response
  - Symptoms can involve
    - respiratory tract (nose, eyes, throat),
    - skin and mucous membranes (e.g. hives, itching),
    - digestive tract (e.g. diarrhea, belching)
    - nervous system (e.g. irritability, migraine, hyperactivity).
  - Symptoms might be mild or severe
  - Symptoms may occur immediately or hours later

Anaphylaxis

- Is a serious allergic reaction that is rapid in onset and may cause death
- Can occur with any food or allergen
  - Top 10 food allergens & insect bites most common causes
- Early use of epinephrine (EpiPen or Allerject) is key to prevent death and lessen reactions before reaching medical services



Top 10 Allergens

- Peanuts
- Soy
- Milk
- Wheat
- Eggs
- Tree Nuts
- Sesame
- Mustard
- Milk
- Seafood

- Food labels must identify if any of these and gluten are included in packaged food
- Canadian Food Inspection Agency posts product recalls on their website for any allergens not identified on the packaging

Food Intolerance

- It's a reaction that doesn't involve the immune system
- Symptoms are usually not life-threatening, but affect many of the same body systems as allergies
- Most common foods are:
  - Lactose & Dairy
  - Eggs
  - Food additives
  - Wheat & Gluten

Wheat & Gluten Sensitivity

- **Gluten sensitivity:** must avoid
  - Wheat, rye, barley and triticale
- **Wheat sensitivity:** only need to avoid wheat and *added gluten*
- **Celiac Disease**: severe reaction to minute amounts of gluten, which causes damage to the small intestine and/or skin reactions
  - strictly avoid all sources of gluten including cross contamination

Ingredients to watch for gluten & wheat

bread crumbs	farina	malt*
bran*	farro	matzoh
bulgur	flour*	MSG*
cereal extract*	germ	seitan
coffee substitute	gluten	semolina
couscous	graham	soy sauce*
dextrose*	granola*	spelt
dinkel	hydrolyzed plant/ vegetable protein*	starch*
durum	kamut	triticale
einkorn	khorasan	vegetable gum*
emmer		wheat

barley	malt (no question)
beer	oats*
brewer's yeast	rye
food colouring*	Worcestershire sauce

Specifically for Gluten sensitivities

** indicates may contain wheat, unless source noted on label*

Foods to be aware of or question for wheat/gluten sensitivity

icing sugar	soy sauce	hot and cold cereals
icing	salad dressings	granola
candy	specialty mustards	pasta
chocolate	gravy	couscous
licorice	packaged/ canned sauces	buckwheat noodles
marshmallows	seasoning mixes/ blends	bulgur
pie fillings	bouillon cubes/ powder	croutons
ice cream	miso	stuffing
graham crackers/ crumbs		matzoh
granola bars	packaged/ canned soups	bread crumbs
dates	seasoned rice mixes	battered or breaded foods
	baked beans	
meat balls and patties	canned black olives	cocoa mix
deli meats	cheese sauces	malted milk
sausages	cheese spreads	coffee substitutes
hot dogs		flavoured coffees/teas
imitation bacon bits	multigrain chips	coffee substitutes (except pure chicory)
imitation seafood	flavored snack foods	
vegetarian meat substitutes	dry roasted nuts/seeds	
flavoured tofu		baking powder
		cooking spray

Naturally Gluten Free Foods

- Soy, legumes & nuts
- Fruits & vegetables
- Eggs
- Lactose & dairy
- Plain meat, poultry & fish

Gluten free starches

- amaranth, arrowroot, buckwheat, corn, flax, millet, teff
- legume flours - bean, chickpea, lentil, pea
- nut flours - almond, hazelnut, pecan
- potato flour, potato starch, sweet potato flour
- quinoa, rice, sorghum, soy, tapioca,

Lactose Intolerance vs Dairy Allergy

- **Intolerance:** Trouble processing lactose, the naturally occurring sugar in mammal milk
  - Symptoms are of the digestive system
- **Allergy:** allergy to protein in milk products (cow's milk is more common than goat or sheep)
  - Symptoms may be any organ system

Lactose:
Ingredients & Foods to watch for

- Cheese
- Cream
- Lactose
- Milk
  - Milk solids, buttermilk, malted milk etc.
- Whey
- Yogurt
- Dips
- Flavorings
- Margarine
- Powdered mixes
  - Gravy, sauces, soups, hot chocolate
- Processed meats
- Soups
- Medications

Milk Allergy
Ingredients & Foods to watch for

butter (e.g. butter flavour)	ghee (clarified butter)	nisin preparation (milk bacteria derivative)
casein & caseinates (e.g. ammonium caseinate)	lactalbumin	nougat
cheese (e.g. cheese flavour)	lactate solids	pudding
cream	lactitol monohydrate (i.e. Splenda artificial sweetener)	rennet, rennet casein
curds	lactoglobulin	whey
custard	lactose	yogurt (regular or frozen), yogurt powder
dairy product solids	milk (e.g. milk solids)	
galactose		

- Flavourings, (eg. natural flavor, artificial flavor, caramel flavor, brown sugar flavor)
- Margarine (often contains whey)
- Chocolate
- High protein flour
- "non-dairy" products (may contain casein, eg. some soy cheese & coconut milk powder)

Medical related diets

- This can include people with:
  - Diabetes
  - Food & Drug interactions
- Managing their conditions requires being consistent with their diet and manage any changes with medication dosing
  - Sharing menu with participant as soon as possible is key to success

Peanut/Tree Nut allergy

- **Peanuts**
  - a member of the legume family and not related to tree nuts
  - is most common food allergy
- **Tree Nut:**
  - Almonds, hazelnuts, macadamia, pistachios, pecans, cashews, walnuts, brazil, chestnuts,
  - People with an allergy to one type of nut have a greater chance of being allergic to

Foods & supplies to be aware of or question for peanut allergy

- Almond & hazelnut paste
- Cereals and granola, granola bars
- Chipotle sauce
- Dried salad dressings and soup mixes
- Hydrolyzed plant protein
- Peanut oil
- Vegetarian meat substitutes
- Commercial baked goods
- Bird feed,
- Cosmetics, hair and skin care products, soap, sunscreen
- Stuffing in children's toys
- Mushroom growing media
- Craft materials

Foods & supplies to be aware of or question for tree nut allergy

- Peanut oil
- Pesto sauce
- Salads and salad dressings
- Smoke flavourings
- Snack food like chips, popcorn, snack mixes, trail mix
- Spreads and Nut butters
- Commercial baked goods
- Cereals, granola, muesli
- Natural flavourings & extracts
- Ice cream, gelato, frozen desserts
- Hot cocoa & cocoa mixes
- Candies, marzipan, some chocolates
- Beanbags, kick sacks/ hacky sacks
- Bird seed
- lotions, soap, body scrubs, sun screens

Vegetarian/Vegan

- There are many types of vegetarian depending on what is omitted
  - Lacto = eggs - Ovo = Egg
  - Pesci = fish
- Vegan
  - Excludes meat, fish, poultry, dairy and eggs and products containing these foods and derivatives (eg. gelatin), honey

Vegetarian Protein Ideas

- Nuts & nut butter
- Beans & lentils
- Chickpeas
- Tempeh and tofu
- Edamame
- Chia seeds
- Greek yogurt
- Spinach & leafy greens
- Quinoa, kamut, farro
- Sesame, sunflower and pumpkin seeds

Think about the idea of completing proteins over the whole day and not in every meal

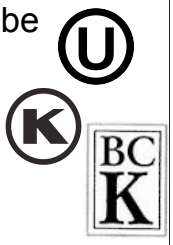
Lifestyle Diets

- Halal - Islamic religious diet
  - pork and its byproducts or meat not slaughtered according to Islamic dietary law
  - alcohol and foods containing alcohol
  - foods containing blood and blood byproducts
  - https://www.utsc.utoronto.ca/~facilities/documents/GuidetoHalalFoods.pdf

Talk with the girl & parents to tell you specifically what they follow, as this can be quite personal and vary between families.

Lifestyle Diets

- Kosher – Jewish religious diet
  - Pork, rabbit, shellfish and their byproducts
  - meat not slaughtered according to Jewish dietary law
  - Milk and meat products are never mixed
  - Most cheeses, grape juice, and wine must be certified Kosher



READING LABELS

Things to look for
Nutritional & allergy information

Bisquick – Regular vs. Gluten Free

Hot Chocolate

Lots of ingredients to be cautious about

Gluten free cracker

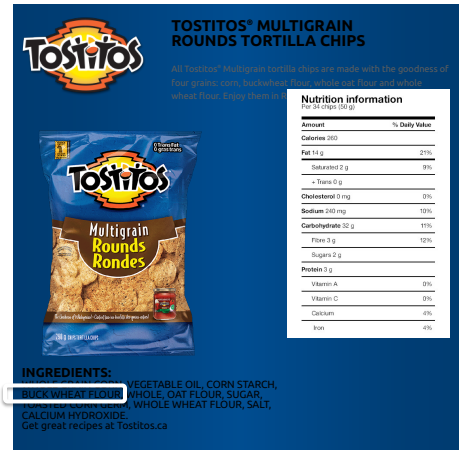
Ingredients

Corn starch, arrowroot flour, canola oil, coconut oil, green lentil flour, rice bran, sugar, salt, **modified milk ingredients**, **sesame seeds**, herbs, baking soda, ammonium bicarbonate, xanthan gum, soya lecithin, natural flavour.

Allergy Information

Baked in a nut free/peanut free facility

Tortilla chips



Multi-grain tortilla chips great way to get in more whole grains, but are not gluten free
Pure corn chips are typically a gluten free food

MENU PLANNING & WORKING WITH VARIOUS SPECIAL DIET

Talking with parents & girls

Meal suggestions & practical ways to incorporate into camp

Beyond the health form (H.1)

- The health form is our first indication of special diets

The following information will enable Guiders/staff to provide the best care for the participant:
Do you have any special instructions for Guiders/staff regarding the participant's health care and/or diet?
☐Yes ☐ No If yes, please explain: _____

_____

_____

If the participants has allergic reactions to such things as food, insect stings, etc., please complete the following:

Allergy	*Life-Threatening?*	*Allergy*	*Life-Threatening?*
_____	☐Yes ☐ No	_____	☐Yes ☐ No
_____	☐Yes ☐ No	_____	☐Yes ☐ No
_____	☐Yes ☐ No	_____	☐Yes ☐ No

- Follow up with parents to clarify exact situation & related symptoms
- We can only work with the information provided
  - Need to provide an environment where this info will be shared

Involve the girl or parent with the special diet in menu planning.

- Likely the expert on the allergy or the diet, and are a valuable resource and can provide lots of information
- Know where to look for "hidden" allergens
- Suggest suitable alternatives that their child will actually eat or which brands work better & whether the unit or parents will provide
- The parent needs to be comfortable sending their child to camp with cooks who are knowledgeable on the situation.
- Discuss whether to notify the rest of the unit

Balancing multiple special diets

- Your event success is based on the health & happiness for your participants.
  - Medical diets & allergies > intolerances > lifestyle diets
  - Plan to the lowest common denominator & have optional pieces to add to meal
  - Read labels, the combinations may start cancelling each other out.

Mitigating cross-contamination

- Prepare food for those with sensitivities before the general meal & wash dishes first as well
  - After preparing contaminant free foods wrap them tightly and store them away from foods that contain contaminants
- Use separate equipment/ utensils if possible
  - For patrol cooking, buy one set of new inexpensive utensils & serving bowls labeled with tape or colour coded for special diets. Replace as necessary.
- Use single serving condiments
- Avoid buying in bulk

Tips for menu planning that don't break the bank

- Start with whole foods
- Use meeting time to taste new foods or prep foods for camp
- Specialty products often available online
- Freeze the unused portions of alternative diet items (especially "cheese") to be used at a later camp

Suggestions for implementing special diets in an inclusive manner

- Meals with pieces allow for participants to take what parts they like/are able to eat without being obvious
  - Think about a standard base (eg. Pasta, Rice, Salad) and then have build pieces from there – protein, vegetables, sauces, toppings etc.
  - Build your own bars work great eg. stir-fry, baked potato, tacos, sandwiches

Balancing multiple special diets

	Gluten-Free	Vegan	Dairy-Free
Daiya dairy-free cheese substitute	X	X	X
Udi's breads	X		X
Silver Hills gluten-free bread varieties	X	X	X
GlutenFreeda	X		
Glutino	X	X	X
All But Gluten	X	X	X
Bob's Red Mill	X	X	X

Based on labels November 2015

Best Resources

- Health Link BC Dietitian Services
  - Call them at 811
  - http://www.healthlinkbc.ca/healthyeating/emaildietitian.html
  - Free service to dietician to get ideas for alternative menu ideas or answer any of your diet related questions

Resources

- Peanut & Tree Nut Snack list
  http://snacksafely.com/snacklist.pdf
- Food Allergy Canada - http://foodallergycanada.ca/
  - Great free documents on top 10 allergens & anaphylaxis
- Gluten Free Diets https://glutenfreediet.ca/handouts.php
  - Ideas to build more nutrition into gluten-free diet
  - Gluten-free eating patient handout

Additional Q&A

- Does it help if the whole unit knows about the girl's allergy?
  - This is on a case-by-case basis & depends on the severity. Talk to the parents to see if they are comfortable with the girl being named or not. For girls with anaphylaxis or high sensitivity, notifying the parents that there is someone in the unit is beneficial to help minimize accidental allergen exposure.
- Ideas for vegetarian main dishes for dinner at camp?
  - Baked potato bars
  - Tacos with beans & rice or soy products
  - Bean or lentil chili, soups (eg. minestrone, squash, etc.) or stews (eg. tagine)
  - Pasta with tomato sauce or bolognaise with lentils or tofu
- Hot drink option that is suitable for mug-up for a diabetic girl.
  - Hot milk with essential oil (eg. peppermint)
  - Homemade hot chocolate with cocoa & small amounts of sugar
  - Herbal teas
  - Apple cider (warmed apple juice with cinnamon sticks, can be diluted if necessary)
  - Hot soup instead

Additional Q&A

- How to deal with girls who won't eat healthy food. They only want sugary and prepackaged 'garbage' and high carbohydrates.
  - No easy answer, but many Guiders felt that setting the expectation of meals and including girls in menu planning before going to camp was the most successful. If dealing with it at camp, waiting them out until they are hungry is a viable option for the average girl who doesn't have other food related issues
- If a girl has an allergy and the parent brings some food that she can eat, do you discount their camp fee?
  - This is a case-by-case basis depending on how much food they are contributing, the financials of the unit and the girl.
  - Surveying the participants 59% said that yes they should be discounted, 17% said no, and 24% said that it depends on the financials of the unit and girl
- Dealing with learning about an allergy/special diet at the event
  - Contain as much of the allergen as you can to prevent any further cross contamination
  - Keep some plain whole foods as your back-up (eg. vegetables, a can of beans or plain protein, rice, fruit for dessert)