

Camp Warrawee

SPECIAL DIETS

Participant Data Entry Guide





Accurate and consistent information about special diets is essential, as these can be complex and difficult to manage. We can only provide safe and appropriate meals based on the information provided to us. When entering dietary details for camp participants in Venue Life please select the most appropriate Dietary Requirement and indicate the Severity of the requirement. Please add any extra detail in the text box 'Additional dietary requirement information'.

Dietaries we can cater for:

| DIETARY REQUIREMENT | DETAIL/NOTES |
|---------------------|--|
| None To Report | Regular camp meals provided. No dietary restrictions |
| Dairy Free | Dairy-free milks, spreads, and snacks provided. Please note if the participant is allergic or intolerant (different to Lactose Free) |
| Egg Free | Egg-free baked goods and meals. Specify if baked egg is tolerated |
| Gluten/Wheat Free | Gluten-free breads, pasta, and sauces. Prepared to avoid cross-contamination |
| Halal | Halal-certified meats or vegetarian options provided where available |
| Halal – No Beef | Halal-certified alternate meats or vegetarian options provided where available |
| Lactose Free | Lactose-free dairy products suitable for intolerance (different to Dairy Free). |
| Nut Free | A nut-aware menu will be provided; however, we cannot guarantee a completely nut-free environment, as some products may contain traces of nuts. It is essential to specify the severity of the allergy (e.g., airborne or contact) and whether foods labelled "may contain traces of nuts" are acceptable. |
| Sesame Free | No sesame seeds, tahini, or sesame oils. Please indicate if sesame oil is tolerated. |
| Shellfish Free | No shellfish or shellfish-derived products. Please specify severity level. |
| Soy Products | Soy-free meals and alternatives provided. Specify if all soy or specific types (e.g. soy lecithin) must be avoided. |
| Vegan | 100% plant-based meals. No animal products, please specify if any variations are acceptable (e.g. honey) |
| Vegetarian | No meat, poultry, or seafood. Please specify if any variations are acceptable (e.g. eggs, cheese etc). |

| SEVERITY LEVEL | DETAIL/NOTES |
|----------------|---|
| Preference | Personal or cultural choice; no medical concern. |
| Intolerance | Causes discomfort (e.g. bloating or nausea); not life-threatening. |
| Allergy | Causes allergic reaction (e.g. rash, hives, swelling); requires avoidance. |
| Anaphylaxis | Severe, life-threatening allergy; requires strict avoidance and an emergency plan (EpiPen, Action Plan required). |

GLOSSARY

- Allergy - potentially life-threatening immune system response to a food protein.
- Food Intolerance - a digestive issue that causes unpleasant but not life-threatening symptoms.
- Anaphylaxis - the most severe form of an allergic reaction, which can occur within minutes of exposure and may cause difficulty breathing, swelling, or collapse. Immediate medical treatment is required, and an emergency action plan and EpiPen must always be available. Y Camping maintains an emergency EpiPen on site (located in Kitchen); however, all groups are required to carry their own at all times.

If a dietary requirement is not listed please email camping@ymcaqueensland.org.au with:

- Camp participants full name
- School name and camp dates
- Detailed dietary requirements and severity
- Parent or guardian contact details

The Kitchen Coordinator will contact parents/guardians directly to confirm arrangements and avoid any miscommunication. Parents may provide their own meals if Y Camping cannot accommodate specific needs. Refrigeration is available for food storage, and Y Camping staff can assist with plating and distribution of meals. Parents should liaise with the relevant school or group to discuss any possible reduction in camp fees.