

CLUBS AND FOOD

As we have witnessed increasing numbers and varieties of food allergies in children, the Clubs and Child Care program at Montreat has fielded growing numbers of questions from parents and grandparents about the use of food in our program. Our experience has taught us that the needs of individual children vary depending on which foods cause reactions and the severity of those reactions, so we always encourage individual communication about the specific needs of your child or grandchild. However, this document will attempt to answer some of your initial questions about the Clubs Program and Food.

- Because of our desire to be good stewards of scarce resources, food is never used for purposes other than eating. For example, we don't use macaroni in craft projects or marshmallows for games.
- A typical day in Clubs and Child Care does not include meal time. Clubs children (Kindies and older) do not eat food in Clubs on a daily basis. Children in Child Care and Pre-Clubs do have snack time at least once a day.
- Typical snacks in Child Care and Pre-Clubs include: goldfish, vanilla wafers, Cheese Nips, graham crackers, animal crackers, Ritz crackers, and icee pops. These snacks are provided by the program; you are welcome to send your child with his or her own snack in order to meet diet/allergy needs.
- Two times during the summer, Pre-Clubs and Clubs groups (Pre-Clubs and up) may have a special snack that is incorporated into their program. These events are planned two weeks in advance, so your child's counselors should be able to tell you the details of any planned snack. These snacks typically include: watermelon, ice cream, icee pops, or "worms-n-dirt" (chocolate pudding with gummi worms and crushed oreos).
- Occasionally, children will make food in the craft shop as part of a service project (i.e., baking bread to be served at the Empty Bowls dinner). Again, these projects are planned at least two weeks in advance and will be described on the Clubs schedule.
- Occasionally, a Clubs group will visit the Huckleberry Snack Bar. This will be listed on the Clubs schedule. A few dollars pays for an ice cream cone for each child. There are no toppings available at the Huckleberry.

Due to the very specific nature of most food allergies, we know you may have more questions after reading this document than you had before. We welcome further conversations that will help us care for your child better and will help your child have more fun in Clubs or Child Care.

Please feel free to talk with the supervisor of your child's group, with our Clubs or Child Care Directors, or with Evelyn Coleman, Director for Programs.