

FOOD ALLERGIES AND SPECIAL DIET REQUIREMENTS

All meals – both adult and children’s – are served buffet style. Our children’s menus feature a variety of fresh fruits and vegetables, home-baked breads and muffins, grilled and baked entrees, pizza, pasta dishes, milk, and 100% fruit juices. There is always a choice of two entrees, and items like yogurt, fresh and dried fruit, cereals, crackers and cheese, bagels, etc. are always kept on hand. We make an effort to keep our menu items as low in sugar as possible; however, we do offer desserts after lunch and dinner. Children are also provided with snacks during group time – usually packaged nut-free treats like Teddy Grahams, apple sauce, animal crackers, fruit roll-ups, Cheez-its and Nutri-grain bars.

In the Playhouse and the Clubhouse (where the Infants through Juniors have their meals) the buffets are as peanut and tree nut free as we can reasonably make them. In the South Dining Room (where the Seniors and Pre-Teens eat) we can set aside a special allergy table, if requested, depending on the type and severity of the allergy.

While we accommodate a variety of tastes and needs in our buffet meals, including vegetarian options, we cannot promise that the buffet will be free of a specific allergen nor can we guarantee against cross contamination for the following reasons:

1. Our kitchen prepares meals for both the children’s and adults’ buffet with foods ranging from simple to internationally complex and thus we use a wide variety of ingredients and recipes that will likely contain some of the more common allergens.
2. The proximity of foods and serving utensils on the buffet and in the kitchen may result in cross contamination.
3. Children with allergies to one allergen such as egg or wheat may be limited to eating exactly those foods to which another child may be allergic.
4. Although we post signs notifying parents and other children if there is a child with a life-threatening allergy and to please wash their hands before coming to group, these guests are on vacation and out of routine, participating in various activities on and off-premise. Thus they are not as careful as they would be on a daily school regimen.
5. Because of the relative freedom children enjoy at the Tyler Place, many like to bike or walk to Martin’s Store for treats during their free time, thus eliminating any control we (or parents) have over what kids are handling or eating. We also have no control over what parents give their kids to eat or keep in their accommodations.
6. Children handle equipment and toys that other children have used: bikes, life jackets, boat seats, garden tools, pool toys, books, LEGOS, balls, blocks, etc.
7. Although our housekeeping team does its best to prepare for your arrival with both cleaning products and elbow grease, we cannot guarantee that your accommodation is absolutely free of traces of food that previous guests may have kept in the accommodation - such as nuts as just one example.
8. We have no control over air-borne allergens.

If you or your child has a severe allergy or unusual dietary requirements, we make the following recommendations – and accommodations:

1. **Call now** to speak directly to Amie (our Children’s Program Supervisor) or Jeff (our Kitchen Manager) about your situation (802-868-4000). Please don’t postpone this until your arrival – or shortly before your arrival.

2. We can send you copies of our menus, but keep in mind that we occasionally make last minute changes due to the seasonal availability (or un-availability!) of certain ingredients. However, the menus should give you an idea of the kinds of foods we offer and what foods to bring with you to supplement meals.
3. Most of our accommodations have well-equipped kitchenettes. If our menu offerings do not meet your needs, we'll be happy to warm up and serve foods during meal times that you have prepared, provided they are brought to the kitchen in well-labeled containers with your name and the date. We have separate "allergy" refrigerators in our kitchens where we can store your prepared meals.
4. Each week, we have a designated counselor who looks after children with allergies during group meal times. There may also be a special allergy table available depending on the number and the severity of the allergies.
5. In extreme cases, you may prefer to bring your own caregiver who is familiar with your child's particular circumstances. Or, if available, we'll provide a one-on-one (or shared) Parents' Helper to assist your child throughout the week. You would be responsible for paying your Parents' Helper directly and your child's group rate would be adjusted. (Most of our Parents' Helpers have CPR and First Aid training and are familiar with the use of an epi-pen. However, they are high school and college students who are not professionally trained and therefore will need clear and concise instructions from you!)
6. If applicable, we'll keep your child's epi-pen in the group backpack during program hours since **the nearest hospital is 25 minutes away**. Please be sure to specifically indicate your child's requirements on his/her Health Information Form.

To discuss our dining options relative to your or your child's allergies, please call 802-868-4000 (ask to speak with Amie or Jeff) or send an email to amie@tylerplace.com or jeff@tylerplace.com.

If you'll be supplying food for yourself or your child, we recommend the following local businesses for whole foods, natural foods, organic foods and fresh foods:

* Hudak Farm – Rte. 7, just north of exit 20 off Rte. 89, 802-527-1147 (Fresh organic vegetables and fruit, local artisan breads and homemade preserves.)

* Rail City Market, St. Albans, Vermont 802-534-3769 (Full line of organic and local products, grains, seeds, beans, flours, meat alternatives, etc. Closed on Sundays.)

* Hannaford's Supermarket, St. Albans, Vermont 802-524-2157 or Swanton, Vermont 802-868-2637 (Nature's Place triple aisle of "organic" products.)

Reminder: We do not have a nurse on the premises and the nearest hospital is 25 minutes away.