



Pinewoods Special Diet Information

camp@cdss.org
Before July 11:
413.203.5467x2
After July 11:
508.224.3480

Although the Pinewoods kitchen makes an effort to list potential allergens, *neither CDSS nor Pinewoods can accept responsibility for notifying you of the presence of potential allergens in the food.*

All meals with a meat entrée have a vegetarian entrée for pre-registered vegetarians.

In addition, most of the following is available to all at each meal:

- raw vegetables and salad
- bread
- plain chicken
- peanut butter and jelly
- cottage cheese
- plain tofu
- hard-boiled eggs
- plain yogurt
- cold cuts
- plain tuna fish
- rice cakes
- fruit

If your allergies are minor and you can easily take care of them yourself, there is no need to do anything now.

If your allergies are more severe, please:

- **At least three weeks before camp:** log on at <https://cdss.force.com/commons/s/login/> and, under “Your camp registrations”, go to each week to proof and edit your dietary restrictions. If you are unable to login, please email Steve Howe (see header) with the information.
- **Two to three weeks before your week at camp:** call the Pinewoods kitchen at (508) 224-4020, between 9-11am or 2-4pm and speak with the head cook.
- **Before and after dinner on the first night:** check-in with one of the cooks.
- **At any meal:** ask about specific dishes if you have any doubts.

If Pinewoods cannot serve all your needs, you may be asked to supplement with your own food. While there is no food preparation space available for campers in the main kitchen, there are three refrigerators and kitchens for camper use elsewhere in camp.