

DIETARY RESTRICTION	CAN WE ACCOMMODATE IT?	WHO TO TALK TO
Vegetarian	Yes	Your program provider
Vegan	Yes	Your program provider
Low-salt	Yes, within limits -- we can limit added salt, and let you know when a dish may have higher-salt ingredients, and the alternatives cart will always have low-salt options	Your program provider AND the Pinewoods kitchen
Gluten-free	Yes, within limits -- the alternatives cart will always have gluten-free options, and we can let you know when a dish contains gluten, but we can't guarantee a gluten-free main meal or dessert	Your program provider AND the Pinewoods kitchen
Lactose-free	Yes, within limits -- the alternatives cart will always have lactose-free options, and we can let you know when a dish contains lactose, but we can't guarantee a lactose-free main meal or dessert	Your program provider AND the Pinewoods kitchen
Nut or peanut allergy	Yes, within limits -- we can provide nut-free meals, but cannot guarantee that our ingredients will come from nut-free facilities	Your program provider AND the Pinewoods kitchen
Other allergies	Probably, but it depends on the specifics of your situation	Your program provider AND the Pinewoods kitchen

If you have a special diet that the kitchen can't accommodate, or can't fully accommodate, camp has limited refrigerator space available for those with special diets to store their own food. (Because this space is very limited, it's only available to those with special dietary needs.) If you expect to use this space, talk to your program provider AND the Pinewoods kitchen staff.

If you need more information, please contact the Pinewoods kitchen staff at least three weeks before your arrival at 508.224.4020, between 9-11 am or 2-4 pm, and ask to speak to the Head Cook.