

MILE HIGH

DIETARY NOTICE

Mile High Pines Camp strives to be a tree nut and peanut-free facility, however, be advised that guests may bring food or snacks to camp that contain allergens.

With **prior notice** of diet needs, camp may accommodate for single allergens/diets such as lactose intolerance, egg, dairy, or MSG allergies, gluten-free, or vegetarian. Please note, that we do not guarantee that all meal components will have a similar or like-kind replacement or alternative.

Guests with more than one allergy or a combination of diet needs (e.g. gluten and soy, or vegetarian and dairy, etc.) must **provide their own substitutes or supplements** for meals.

Guests with Celiac disease, anaphylactic allergies, or a diet vegan, **provide their own substitutes or supplements** for meals.

Camp has a Special Diet Station, consisting of a fridge, microwave and GF toaster, available to guests in the main Dining Hall, for cold storage and re-heating of fully prepared food from home.

If you need clarification on ingredients, ask to speak with the meal Lead Cook, who will be happy to assist you.

Disclaimer: We serve baked goods made in factories that process peanuts, tree nuts, sesame, eggs, milk/dairy, soy, and wheat. Therefore, it "May Contain" allergens and should be avoided based on the severity of said allergy.

