



## Hume Lake Hume SoCal Dietary Restrictions Policy

Hume Christian camps is committed to providing youth camps with high-energy, life-changing programs for individuals, churches, schools and teams. With 80 years of running camp, we've learned that adults, couples, and families love to have fun just as much as kids do. We proclaim the Gospel while giving both youth and adults an unforgettable camping experience. Our desire is that this experience is accessible to everyone, including those with dietary restrictions.

An individual who has a dietary restriction is unable to consume a particular food(s) because of a medical or other condition (please note that this does not include a camper's food preferences). By substituting different ingredients and cooking approaches, Hume Christian Camps can accommodate the following dietary restrictions upon purchase\*:

- Gluten Free
- Dairy Free
- Gluten and Dairy Free
- Vegan
- Vegetarian

The following options are also available every day in addition to the appropriate menu substitutions:

- Full Salad Bar during lunch and dinner.
- Fruit bar containing unsliced apples, oranges, and bananas, available at all meals.

*\*Please contact food service if the special dietary need is considered severe, i.e., life threatening.*

**NOTE: Hume Christian Camps cannot accommodate any combination of the available special dietary options. Hume Christian Camps also cannot accommodate popular diets such as paleo, high protein, or sugar-free.**

### **Peanuts and Tree Nuts:**

We do not offer this as an option for purchase, as we do not serve peanuts or tree nuts in the **dining hall** during youth camps. We are not a nut-free camp. Our Snack Shop serves a variety of milkshakes, some with nuts, and the General Store sells some candies and snacks that contain nuts, as well.

*\*During our adult retreats, there may be some items with nuts, but those will be clearly labelled*

**Additional Details and Processes:** Hume Christian Camps has menus available for each camp in advance so that campers will be able to determine if there are concerns that need to be addressed and if substitutions need to be made.

Please note that we do not have separate kitchens to prepare allergen-friendly items, or separate dining areas for campers with allergies or intolerances. Thus, it is possible for an allergen to be introduced before the food is provided to us, or inadvertently during food preparation or handling. However, we will use reasonable efforts to prevent the introduction of your allergen of concern into your food through close attention during our sourcing, preparation and handling processes.

Due to the high cost of providing for special dietary needs including planning, food ordering, and preparation, a surcharge will be placed on both summer and retreat menus where Hume Christian Camps is

*As of 2/2026*

providing substitutions and special food preparation (exact fees are found in the registration process for each camp & retreat).

If the options we have available do not provide for the dietary restriction needed, campers may choose to bring food from home to supplement the food we have available. If food is sent from home, please adhere to the following for the safety of your camper as well as others:

1. Any food sent from home must be in a closed container such as Tupperware or Ziploc. If the food comes in its own container, (i.e., cereal boxes or chip bags), it still must be placed inside a closed container and packed properly. If items arrive damaged or in unsafe packing the items may be disposed of at the discretion of Hume Lake Christian Camps.
2. Food containers must be inside a closed container (i.e., Rubbermaid Cooler) that is no larger than 18"x30". The camper's name must be clearly labeled on the outside of the container.
3. Do not send: any nuts, candy, raw proteins, fish/shellfish, soda, coffee drinks, or energy drinks.
4. All foods should be microwave ready. Our staff, in accordance with California Health Codes, is NOT PERMITTED to handle or prepare outside foods in our kitchen or on our equipment. Hume Christian Camps kitchen staff may distribute sealed containers to campers or adult chaperones but may not touch any outside food.
5. An inventory sheet must be provided with food sent. Please include a schedule of when you would like the food to be served, and any necessary preparation instructions (i.e., microwave for 2 minutes).

If you have questions about the Dietary Restriction Policy or would like to notify us about a camper's needs, please email our Food Service team at [specialdiets@hume.org](mailto:specialdiets@hume.org). When emailing, please include the camp and date that you are planning to attend.

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