



## Hume New England Dietary Restrictions Policy

Hume is committed to providing youth camps with high-energy, life-changing programs for individuals, churches, schools, and teams. And with 70 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, regardless of special dietary needs.

An individual who has a special dietary need does not have a disability but is unable to consume a particular food(s) because of a medical or other special dietary condition (please note that a special dietary need does not include an attendee's food preferences). By substituting different ingredients and cooking approaches, Hume can accommodate the following special dietary needs; upon purchase\*:

- Gluten Free
- Dairy Free
- Gluten / Dairy Free
- Egg Free
- Vegan
- Vegetarian

During events, the following options are available every day to meet the needs of attendees with special dietary needs:

- Full Salad Bar during lunch and dinner.
- Fruit bar containing at least three different cut fruits available at breakfast.
- Whole fruits available at each meal.

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

***NOTE: Hume cannot accommodate any combination of the available special dietary options. Hume also cannot accommodate popular diets such as paleo, high protein, keto, or sugar-free. While we can have gluten-free options available, we cannot guarantee all are celiac-safe products.***

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

We do not prepare any product containing peanuts or tree nuts in our kitchen. However, some of our products do list that they are processed in the same facility as nuts, for example, our pancake mix and granola. We have never had any issues with these products. If those items are a concern, please contact the Food Service Manager. As well, please make note in the medical form portion of registration if you have a nut allergy. We are not a nut-free camp, so with any severe allergy, we

recommend always carrying an epi-pen/emergency medications. Our Ampersand sells candies and snacks that do contain nuts.

Additional Details and Processes: Hume has menus available for each camp in advance so that attendees 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 attendees 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 may be placed on both summer and retreat menus where Hume is providing substitutions and special food preparation (exact special diet fees are found in the registration process for each camp & retreat).

In certain cases, attendees may choose to bring food from home to supplement their special dietary need. 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.
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 or products processed in a facility with nuts, candy, raw proteins, fish/shellfish, soda, coffee drinks, or energy drinks.
4. All foods should be microwave ready. Our staff, in accordance with Monterey County Health Codes, is NOT PERMITTED to handle or prepare outside foods in our kitchen or on our equipment. Hume kitchen staff may distribute sealed containers to campers/attendees 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).

Due to the remote location of Hume, and the uncertain availability of some special dietary items, attendees must notify and discuss special dietary needs at least two weeks prior to date of arrival. With this advance notice and discussion, Hume is usually able to accommodate the attendees’ needs.

*As of 2/2026*

If notification and discussion with the Food Service Manager does not occur within this timeframe, Hume may not be able to accommodate the attendee's needs.

If you have questions about the Special Diet Policy and would like to notify us about an attendee's needs, please email our Food Service Manager at [specialdiets@hume.org](mailto:specialdiets@hume.org).

*As of 2/2026*