[CAMP NAME]

Peanut and Tree Nut Free Policy

Effective [date] · Reviewed annually by [role, e.g. Camp Director and Health Director]

1. Purpose

[Camp Name] welcomes campers with food allergies. Peanut and tree nut allergies can cause severe, life-threatening reactions (anaphylaxis), and small amounts of residue on hands, surfaces and shared equipment can cause exposure. This policy reduces that risk and explains what campers, families, staff and visitors can expect.

2. What this policy covers

“Nuts” in this policy means **peanuts** and **tree nuts** (including almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios and walnuts), and any food made with them, including nut butters, nut oils, nut flours, and foods labeled “may contain” or “made in a facility with” peanuts or tree nuts.

The policy applies to all campers, staff, volunteers, contractors and visitors, everywhere on camp property and during camp trips and outings.

3. Our commitment, honestly stated

[Camp Name] does not serve, sell or allow nuts. We cannot guarantee a completely nut-free environment, because we can't control every item brought to camp or every ingredient supplied to us. We work to lower the risk as much as we reasonably can, and we are prepared to respond to an allergic reaction.

4. Food service

- No nuts are served in meals, snacks or desserts.
- Kitchen staff check ingredient labels on every product, every time it is ordered, since recipes change. Products with nut ingredients or “may contain” warnings are not used.
- We ask suppliers in writing about nut ingredients and cross-contact.
- Tables are cleaned between meals with [cleaning product or detergent], not just a dry or damp cloth.
- Nut-free alternatives such as sunflower seed butter are clearly labeled so staff and campers know they are safe.

5. Canteen, store and treats

- The canteen sells only nut-free snacks. Labels are checked before stock is ordered.
- Special-event treats (birthdays, cookouts, s'mores, end-of-session parties) follow the same rules.

6. Food from home and care packages

- Families are asked not to send food containing nuts. This request is included in the packing list and pre-camp emails.
- Food in care packages and luggage is [checked on arrival / held by staff and handed out at snack time]. Food containing nuts is held and returned at pickup.
- Staff and visitors may not bring nuts onto camp property, including in personal snacks.

7. Hand washing and cleaning

- Campers and staff wash hands with **soap and water** before and after meals and snacks. Alcohol hand sanitizer is not used as a substitute, because it doesn't remove food allergens.
- Shared equipment (craft supplies, sports gear, paddles, life jackets) is wiped down with [cleaning product] [daily / between groups].

8. Activities and trips

- No nuts are used in crafts, science activities or nature programs (for example, no peanut butter bird feeders or nut shells).
- Trip and hike food is packed nut-free from camp supplies.
- A staff member trained in using an epinephrine auto-injector goes with every group, and campers' prescribed epinephrine goes with them on every trip off the main camp area.

9. Campers with known allergies

- Families provide a signed emergency action plan from the camper's doctor and at least [two] unexpired epinephrine auto-injectors before camp begins.
- The health director reviews each plan with the camper's counselors before the session starts.
- Epinephrine is kept [with the camper / with the camper's counselor] at all times, not locked away, and is never more than a few minutes from the camper.
- [Camp Name] keeps [number] stock (undesignated) epinephrine auto-injectors where permitted by state law.

10. Staff training

Before campers arrive, all staff complete training on:

- this policy and how to explain it to campers kindly;
- recognizing the signs of anaphylaxis;
- using an epinephrine auto-injector (hands-on practice with trainer devices);
- the emergency response plan in section 11.

11. Emergency response

If a camper shows signs of a severe allergic reaction (such as trouble breathing, throat tightness, repeated coughing, swelling of the lips or tongue, widespread hives, vomiting, or fainting):

1. **Give epinephrine right away.** Don't wait to see if symptoms improve.
2. **Call 911** and say a child is having anaphylaxis.
3. Alert the health director by [radio / phone].
4. Have the camper lie down with legs raised, or sit up if breathing is hard. Do not have them stand or walk.
5. If symptoms don't improve, or come back, give a second dose 5 or more minutes after the first, as directed in the camper's action plan.
6. Send someone to meet the ambulance and guide it in. Our address for emergency services is [full address and directions].
7. Contact the camper's family.

The camper is taken to the hospital even if symptoms improve, because symptoms can return.

12. If nuts are found

Staff will remove the food calmly, without singling anyone out, and return it at pickup. Repeated issues are handled under our usual behavior policy. Any surfaces touched are cleaned.

13. Communicating this policy

This policy is published on our website and included in registration materials, the packing list, and the staff handbook. Questions can be sent to [name, email, phone].

Short version for families

> **[Camp Name] is a peanut and tree nut free camp.** We don't serve or sell nuts, and we ask that you don't send food with nuts, including in care packages. Any food with nuts will be held and returned at pickup. Campers wash hands with soap and water before and after meals, and all staff are trained to respond to allergic reactions. If your camper has a food allergy, please send their doctor's emergency action plan and epinephrine auto-injectors before camp begins. Questions? Contact [name, email].

Adapted from the model policy at nutfreecamp.com.