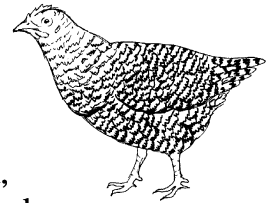


SHELBURNE FARMS

JUNE 2009

Are you ready for Discovery Camp? We hope you're excited! Our focus this summer will be treasure. Campers will be challenged to define what treasure means to them as we explore a few different habitats... is a fawn in the meadow treasure? A salamander tadpole from the pond? Weeds at the Garden? This last question refers to "wild edibles" including weeds such as lambs quarters and amaranth that gardeners typically dismiss but which are actually quite healthy. Please let us know if you have any concerns about eating some with your child. On Monday morning of camp we'll provide a more detailed schedule for the week.

*****Please fill out and bring the Health Form (2 pages) to the first day of camp*****



WHAT TO BRING:

To manage our waste and to encourage recycling, reusing, and composting, we have a pack it in, pack it out trash policy. Please provide campers with a **garbage free and nut free** lunch and snack in reusable or recyclable containers. Also, an icepack will keep food cool on days spent outdoors.



- DAY BACKPACK** (to fit the following:)
- lunch (with icepack)
- morning snack
- water bottle
- bathing suit
- footwear for swimming*
- towel
- hat with a brim

- BOX OR BAG** (to fit extra gear:)
- sneakers or boots for hiking
- raincoat
- extra socks!
- sweat shirt
- waterproof sunscreen**
- pair of long pants†



OPTIONAL

- Camouflage clothing
- Mud Boots
- Natural Mosquito repellent
- Binoculars, camera, hand lens, etc.



* Due to sharp zebra mussels, we require foot protection while swimming in the rocky shores of Lake Champlain. Old sneakers, aqua shoes and sandals with heel straps work great! Flip-flops do not adequately protect feet.

**It is helpful if you put a 'first coat' of sunscreen on your child before camp. We will help them apply if necessary.

†Long pants will help prevent tick and mosquito bites.

WHERE TO PARK & MEET:

Please stop at the gatehouse and introduce yourself. Parking for camp is behind the Farm Barn. We will start and end in the McClure Center for School Programs. From the parking lot, cross the first footbridge into the Visitor Entrance for the building and head down the stairs. Take a left into the Adventure Room hallway, and we are at the end of the hallway, on the right where the cafeteria is.

If you have any questions, please don't hesitate to call.

Sincerely,
Peter Bullock - 985-0309





SHELBURNE FARMS

Discovery Camp Date: _____

Emergency & Health Information

Child's Name: _____

Age: _____ Gender: _____ Date of Birth: _____

Parent / Guardian(s) Name: _____

Local Address: _____

Phone 1: _____ Phone 2: _____ Phone 3: _____
During program hours alternate alternate

Date of last Tetanus vaccination _____

Has your child even been stung by a bee? () YES () NO Is your child allergic to bee stings? () YES () NO

Will your child need to take medication during program hours? () YES () NO

Please list any allergies, dietary requests and/or special needs (for severe conditions, please notify us prior to program):

For Official Use	EDUCATION
MC	ED7349890
WA	ED3167586
AW	ED7344108

IN CASE OF AN EMERGENCY

In the event of an emergency, do you grant us permission to contact your child's physician and/or seek emergency care?
() YES () NO PARENT/GUARDIAN SIGNATURE: _____

NAME OF CHILD'S PHYSICIAN: _____ Phone: _____

INSURANCE PROVIDER _____ ACCOUNT # _____

NAME OF PRIMARY ACCOUNT HOLDER _____

If a parent/guardian cannot be contacted in an emergency, please contact:

Name: _____ Relationship: _____

Phone (Home): _____ Phone (Work/Cell): _____

In the event that my child experiences an allergic reaction, I grant Shelburne Farms staff permission to administer Benadryl to my child. () YES () NO PARENT/GUARDIAN SIGNATURE: _____

CONSENT AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless Shelburne Farms, its board of directors and staff from any and all liability costs and expenses on account of personal injury or property damage arising from my child's participation in Shelburne Farms Education Programs.

PARENT/GUARDIAN SIGNATURE: _____ Date: _____

CONTINUE ON BACK >>

PROGRAM LOGISTICS

Do you give permission for your child to swim at Camp? YES NO

PARENT/GUARDIAN SIGNATURE: _____ Date: _____

We will be transporting children in vans and wagons. Do you give permission to transport your child in camp vehicles?

YES NO PARENT/GUARDIAN SIGNATURE: _____ Date: _____

As we explore the theme of treasure we will search for wild edibles to harvest and eat. Possible plants include lambs quarters, amaranth, sorrel, burdock, stinging nettle, thistle, milkweed, and cattail. Our specimens will be "wild" because they are not presently cultivated by people. Do you give permission for your child to eat portions of wild edibles that our staff identify and provide as safe food?

YES NO PARENT/GUARDIAN SIGNATURE: _____ Date: _____

ROAD SAFETY AGREEMENT

I hereby agree to abide by the following rules of the road, and to instruct other relatives and/or friends to abide by them should they enter Shelburne Farms property to drop-off or pick up my child(ren) for this program.

- The maximum speed limit is 25 MPH. Reduce your speed according to traffic conditions.
- There is no passing of moving vehicles.
- All guests and program participants must use the main entrance to the Farm at the intersection of Harbor and Bay roads.
- Describe to our gatekeeper why you are coming on to the property on every occasion.
- The Farm Barn courtyard is for handicap parking only.

YES NO PARENT/GUARDIAN SIGNATURE: _____ Date: _____

PERMISSION(S) ADDENDUM

EPI PEN In the event that my child experiences an allergic reaction, I grant Shelburne Farms staff permission to administer the epi-pen that I have provided. PARENT/GUARDIAN SIGNATURE: _____ Date: _____

MEDICATION I grant Shelburne Farms staff permission to administer the following medication(s) to my child while in their care and supervision. PARENT/GUARDIAN SIGNATURE: _____ Date: _____

Medication(s), including dosage and interval

PHOTO RELEASE

I grant Shelburne Farms permission to publish in print, electronic, or video format the likeness or image of my child, _____ (child's full name) for the general promotion of Shelburne Farms and its programs. YES NO

PARENT/GUARDIAN SIGNATURE: _____ Date: _____

Please return completed by first day of your child's program (or in advance for allergies, etc.) 1611 Harbor Road, Shelburne, VT 05482.

PEANUT AND TREE NUT ALLERGY DIETS

AN INDIVIDUAL ALLERGIC TO PEANUTS MAY ALSO BE ALLERGIC TO LEGUMES AND TREE NUTS

Allergies to peanuts and tree nuts are common. It is estimated that approximately one percent of the population, or nearly three million Americans are allergic to peanuts or tree nuts. A peanut is not really a nut at all, but a member of the legume family. Legumes include dried beans, peas, soy beans and lentils. Often, an individual who is allergic to peanuts may also be allergic to legumes.

EXAMPLES OF TREE NUTS

Examples of tree nuts include:

- Almonds • Cashews • Pecans • Pistachios • Macadamia • Pine Nuts • Walnuts

Some individuals have allergies to both peanuts and one or more tree nuts. Many individuals with allergies to a specific tree nut, such as walnut, will often avoid all tree nuts due to the possibility of cross-contamination during food processing. At this time, the only way to treat a peanut or tree nut allergy is to strictly avoid all food products that may contain peanuts or tree nuts. Currently, a vaccine is being developed for peanut allergies for use in the future. It is essential that an individual with peanut and/or tree nut allergies carefully read and understand food labels, ask how food is prepared when eating out, and familiarize him or herself with food additives that are derived from the offending nut.

MAJOR SOURCES OF PEANUTS AND TREE NUTS**

- Peanut Butter • Mixed Nuts • Cold-Pressed Peanut Oil, & Walnut or other Nut Oils
- Anything labeled "Nuts" • Peanut Flour • Almond Butter • Cashew Butter
- Peanuts may also be called "Ground Nuts"

HIDDEN SOURCES OF PEANUTS AND TREE NUTS**

- Pesto • Egg Rolls • Sauces and Gravies • Hydrolyzed Plant or Vegetable Protein
- Nougat, Marzipan, and other Confections • Prepared Salads • Chocolate and other Candies • Salad Dressing • Baked Goods • Breakfast Cereals like Granola and Muesli • Frangelico and Amaretto Liquors • African, Chinese, Indonesian, Mexican, Thai, Vietnamese Cuisines • High energy bars • Grain breads

** For a more comprehensive list of peanut and tree nut-containing foods visit:
www.pueblo.gsa.gov/cfocus/cfallergies04/t_focus2.htm

series articles

FOOD PREPARATION TIPS FOR CUSTOMERS ON PEANUT AND TREE NUT-FREE DIETS

There are a number of peanut and tree nut-free foods that can be purchased through food suppliers (such as *United Natural Foods*), and at local grocery stores. Keep the following tips in mind when preparing peanut or tree nut-free special diets:

- Prepare peanut and tree nut-free meals with clean pans and utensils, and in areas that are separate from major food production.
- Prepare modified meals to order and avoid the possibility of cross-contamination.
- Identify a core team of foodservice personnel in each dining location to work with students who have specialized diets.
- Educate all members of the foodservice team, including management, about the common food intolerances and their symptoms.
- Post lists of ingredients that contain peanut and tree nuts in all food preparation areas.
- Never assume that a product is free of peanuts or tree nuts. When in doubt, avoid using it.
- If a food product label states that it was made in a plant that processes peanuts or tree nuts, do not use it.
- Carefully label all foods in serving areas that contain peanuts or tree nuts.
- Have recipes available for customers to review if they question whether a product on the menu contains peanuts or tree nuts.

COMMONLY ASKED QUESTIONS & ANSWERS ABOUT PEANUT AND TREE NUT-FREE DIETS

Q. IS COCONUT CONSIDERED A TREE-NUT?

A. Coconut is not typically restricted in the diet of an individual who is allergic to tree nuts. However, some people react to coconut, and it is best to err on the side of caution, and label foods containing it.

Q. IS NUTMEG SAFE TO EAT?

A. Yes. Nutmeg is not a tree nut. It is obtained from the seeds of a tropical tree and is therefore safe to eat.

Q. ARE WATER CHESTNUTS CONSIDERED NUTS?

A. No, water chestnuts are not true “nuts”. They are the edible portion of a plant root and can be safely consumed by an individual with tree nut allergies.

Special Diets



WHERE CAN I FIND PEANUT AND TREE NUT-FREE FOODS?

There are a number of food companies that specialize in products for individuals with food allergies and medical conditions that require modified diets. The following is a list of companies that produce peanut and/or tree nut-free foods. Many of these companies sell their products through United Natural Foods, which is a Sodexo-approved purveyor.

- | | | |
|------------------------------|--|--------------|
| • United Natural Foods, Inc. | www.unfi.com | 800-877-8898 |
| • The Gluten-Free Pantry | www.glutenfree.com | 800-291-8386 |
| • Enjoy Life Foods | www.enjoylifefoods.com | 888-503-6569 |
| • Rebecca's Nut Free | www.rebeccasnutfree.com | 978-352-6644 |
| • Miss Roben's | www.allergygrocer.com | 800-891-0083 |
| • VermontOne | www.vtone.com | 802-879-7127 |
| • Gluten-Free Mall | www.glutenfreemall.com | 707-537-3011 |
| • Cherrybrook Kitchen | www.cherrybrookkitchen.com | 866-458-8225 |
| • Gluten-Free Pantry | www.glutenfree.com | 800-633-3826 |

FOR MORE INFORMATION ON FOOD ALLERGY PLEASE CONTACT:

The Food and Drug Administration
5600 Fishers Lane
Rockville, MD. 20857
888-463-6332
www.fda.gov

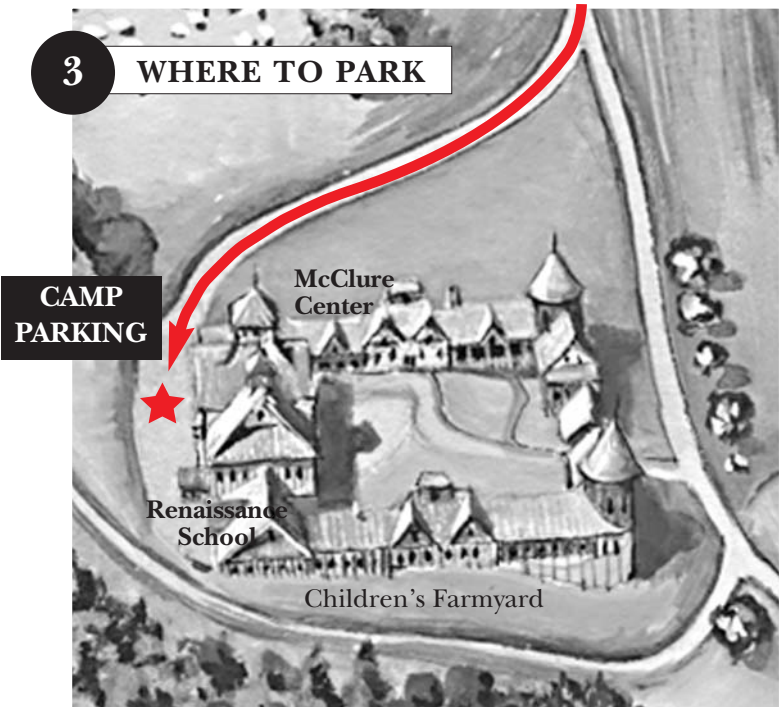
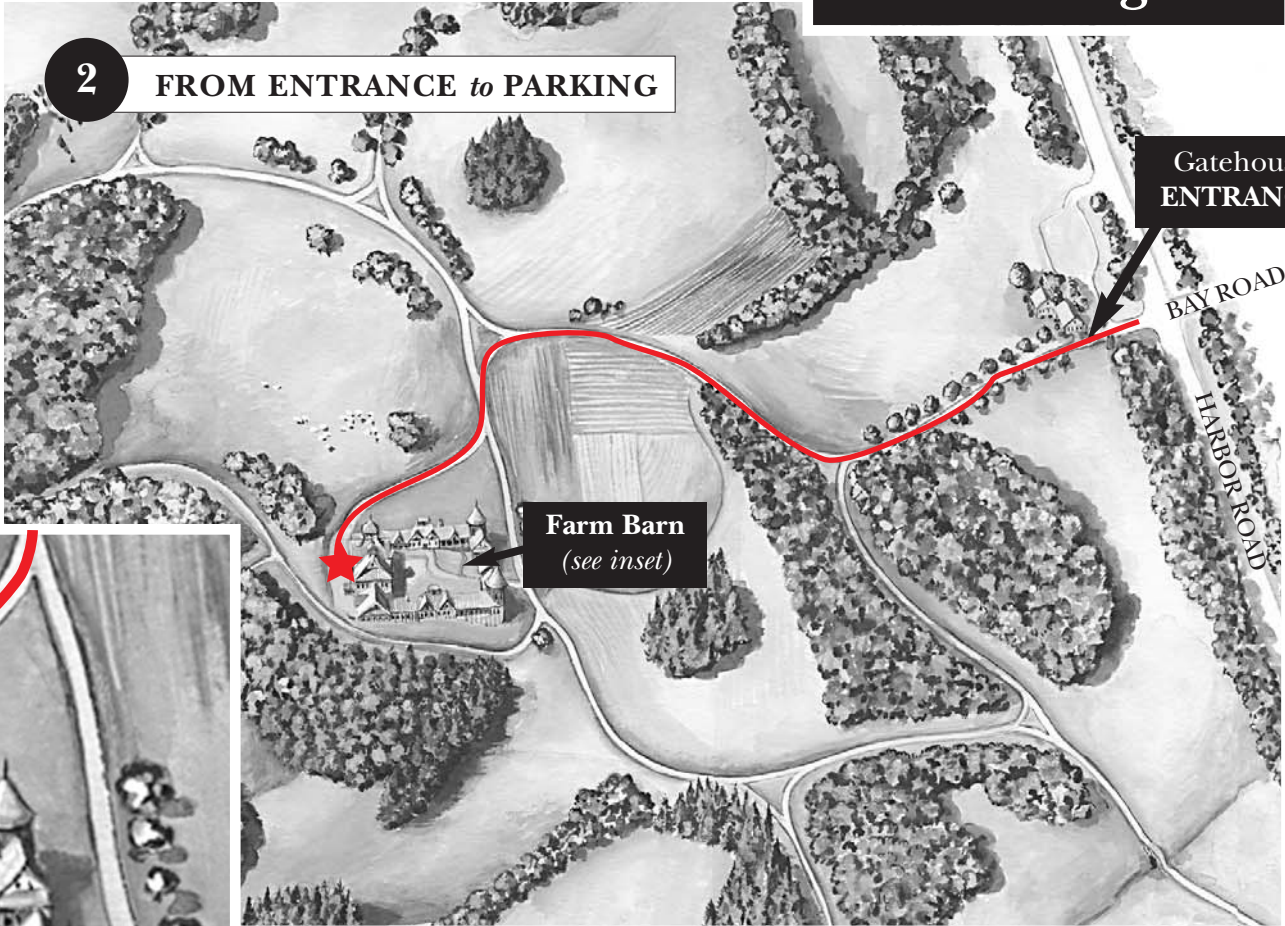
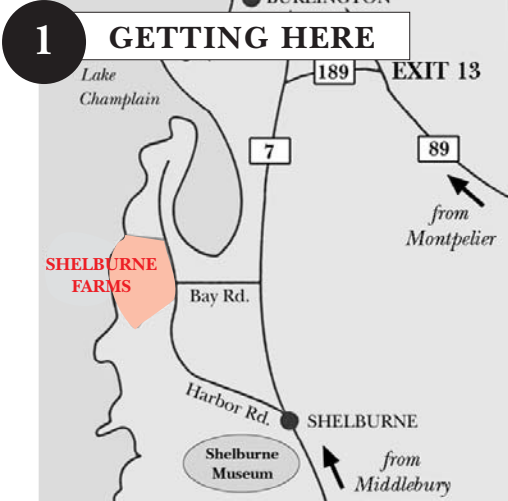
International Food Information Council
1100 Connecticut Avenue, NW
Suite 430
Washington, DC 20036
202-296-6540
www.ific.org

Food Allergy and Anaphylaxis Network
11781 Lee Jackson Hwy, Suite 160
Fairfax, VA 22030
1-800-929-4040
www.foodallergy.org

Food Allergy Diets

SHELBURNE FARMS Summer Camps

Directions and Parking



Please greet the gatehouse attendant as you enter the property. **Camp parking is behind the Farm Barn.** Footbridges provide access to the McClure Center and the Renaissance School. If the parking lot is full, continue around the barn and park on the grass in front of the building. New pedestrian entrances through the courtyard wall provide safe and direct access to the courtyard. **Only handicap drop-off/parking in courtyard.** Thank you for your patience and understanding!