



## SHELBURNE FARMS

Dear Parents or Guardians,

Welcome to Adventures Camp at Shelburne Farms!

We look forward to having many summer adventures with your child. This summer, our theme is **INSECTS** on the farm! We plan to visit the farmyard, forest, fields, gardens, and water in search of insects and their homes.

This document includes a list of what to bring, a health form, nut allergy information, and a map. Please read through this whole document and be sure to print and bring the completed health form to the first day of camp. Also, please read my confirmation email for more specific details about parking and classroom location. Let me know if you have any questions.

Thank you and have a wonderful summer,

A handwritten signature in black ink that reads "Christine".

Christine Lutters

802-985-0321

[clutters@shelburnefarms.org](mailto:clutters@shelburnefarms.org)

## What to Bring: (Please label everything!)

- Snack-No Peanuts and Tree Nuts Allowed. We strive to keep our camp space nut free.** We have a pack it in/pack it out trash policy to manage our waste and to encourage recycling, reusing, and composting. We encourage you to prepare a **garbage free** snack each day in reusable or recyclable containers. Please be sure to pack plenty of food and drinks just in case he/she gets hungry and thirsty.
- Sunscreen (**Please apply to your child before camp starts each day**, we will reapply if needed)
- Hat required for sun protection
- Water bottle
- Rain gear
- Mud boots or extra pair of shoes
- Extra pants & sweatshirt for cool, breezy days
- Change of clothes...just in case
- Completed health form if you have not sent it in yet.
- We recommend natural mosquito repellent and avoid perfume and bananas for mosquito prevention.
- Any theme-related books, binoculars, insect ID books, songs, pictures, etc. you would like to share.
- Bag or box to store all of the above. You are welcome to leave your child's 'stuff' at camp all week.



# SHELBURNE FARMS

*Adventures Half Day Camp Session/Date:* \_\_\_\_\_

## Emergency & Health Information

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

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):

\_\_\_\_\_  
\_\_\_\_\_

### 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

We will be transporting children in wagons. Do you give permission to transport your child on a wagon?

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 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

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## PHOTO RELEASE

I grant Shelburne Farms permission to publish in print, digital, 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 on first day of your child's program (or in advance for allergies, etc.) Adventures Camp, 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](http://www.pueblo.gsa.gov/cfocus/cfallergies04/t_focus2.htm)

series  
of  
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. | <a href="http://www.unfi.com">www.unfi.com</a>                             | 800-877-8898 |
| • The Gluten-Free Pantry     | <a href="http://www.glutenfree.com">www.glutenfree.com</a>                 | 800-291-8386 |
| • Enjoy Life Foods           | <a href="http://www.enjoylifefoods.com">www.enjoylifefoods.com</a>         | 888-503-6569 |
| • Rebecca's Nut Free         | <a href="http://www.rebeccasnutfree.com">www.rebeccasnutfree.com</a>       | 978-352-6644 |
| • Miss Roben's               | <a href="http://www.allergygrocer.com">www.allergygrocer.com</a>           | 800-891-0083 |
| • VermontOne                 | <a href="http://www.vtone.com">www.vtone.com</a>                           | 802-879-7127 |
| • Gluten-Free Mall           | <a href="http://www.glutenfreemall.com">www.glutenfreemall.com</a>         | 707-537-3011 |
| • Cherrybrook Kitchen        | <a href="http://www.cherrybrookkitchen.com">www.cherrybrookkitchen.com</a> | 866-458-8225 |
| • Gluten-Free Pantry         | <a href="http://www.glutenfree.com">www.glutenfree.com</a>                 | 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](http://www.fda.gov)

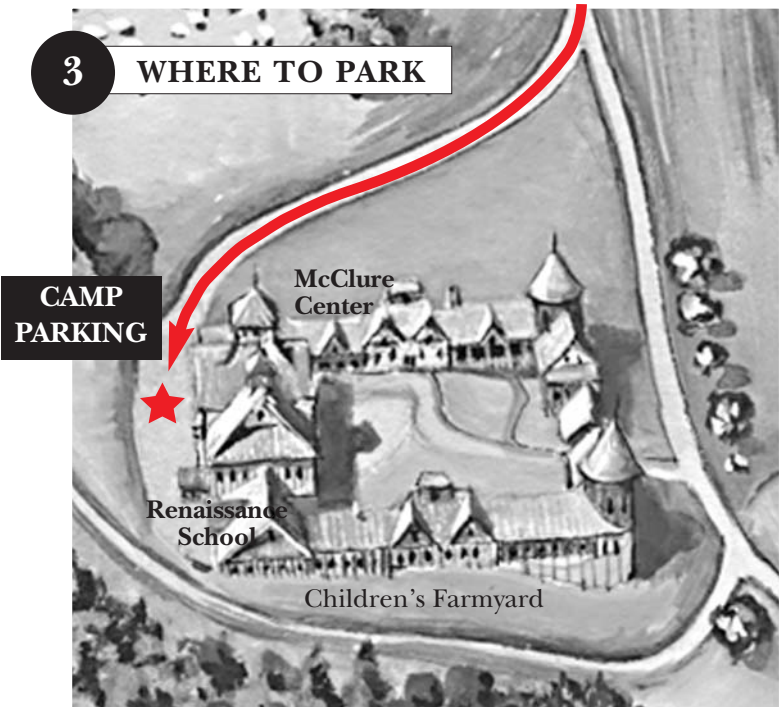
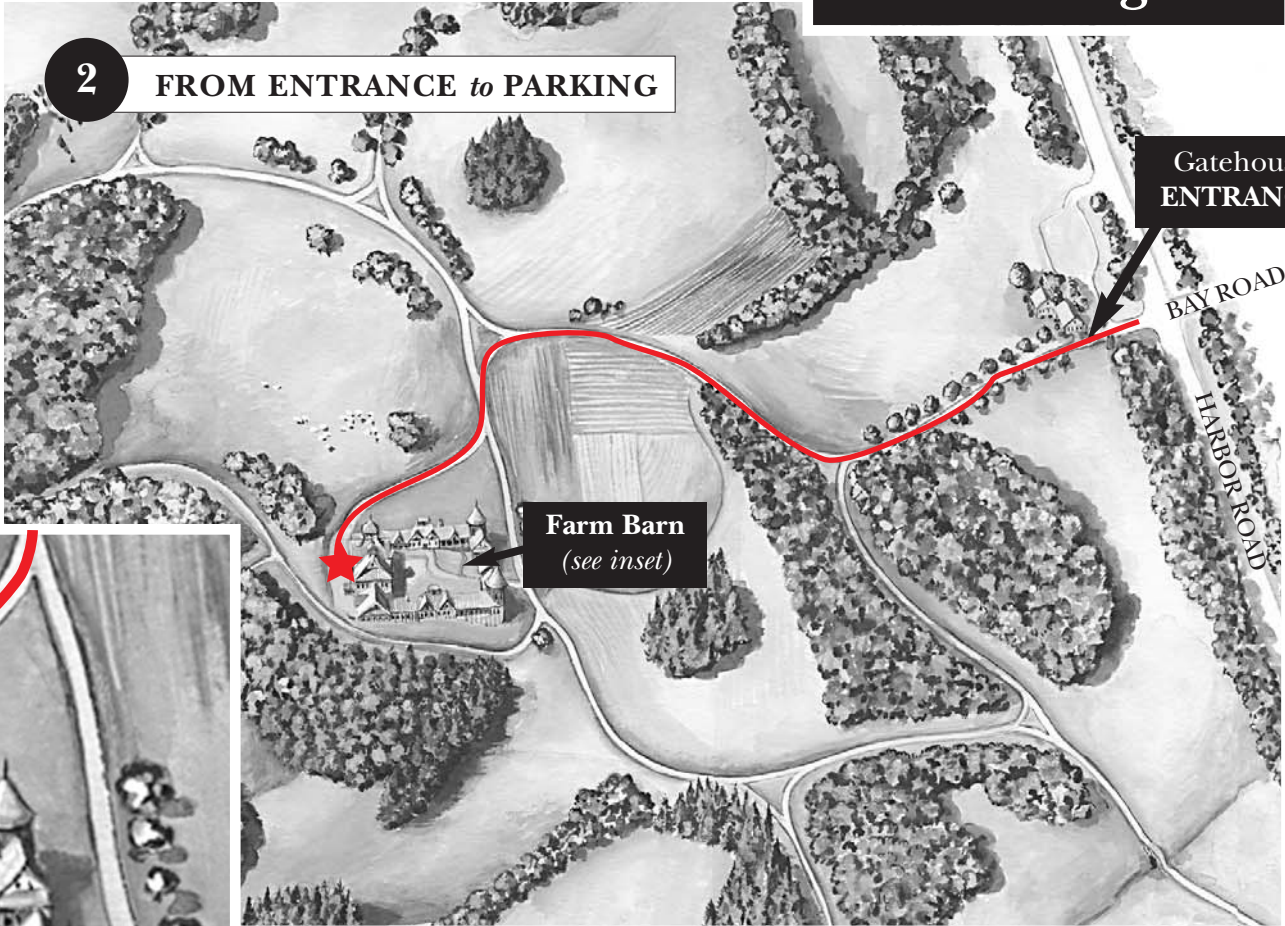
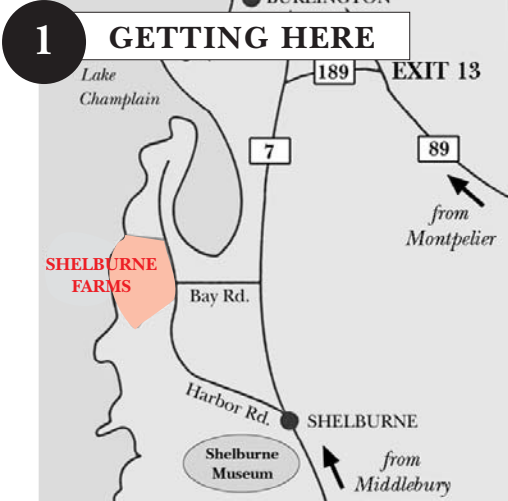
International Food Information Council  
1100 Connecticut Avenue, NW  
Suite 430  
Washington, DC 20036  
202-296-6540  
[www.ific.org](http://www.ific.org)

Food Allergy and Anaphylaxis Network  
11781 Lee Jackson Hwy, Suite 160  
Fairfax, VA 22030  
1-800-929-4040  
[www.foodallergy.org](http://www.foodallergy.org)

peanut allergies

# 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!