

# SHELBURNE FARMS

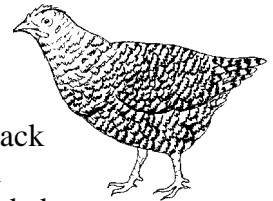
**JUNE 2010**

Are you ready for Discovery Camp? We hope you're excited! Our focus this summer will be habitats and homes... our goal will be to find a secret, special place in the forest for play, forts, games, and whatever we decide. We'll also hike to different habitats to discover how animals build homes in the pond, pasture, and meadow. Do you know that a pasture is a home for fox kits, groundhogs and hawks, not just cows and sheep? There are so many interesting things to see and share that you'll just have to wait for Monday!

**\*\*\*Please return the Health Form (2 pages) one week before camp starts\*\*\***

## WHAT TO BRING:

To manage our waste and encourage recycling, reusing, and composting, we have a pack it in, pack it out trash policy. Please provide campers with a **garbage free and peanut/ nut free** lunch and snack in reusable/ recyclable containers. Also, icepacks to keep food cool are highly recommended.



- 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-edged zebra mussel shells, foot protection is required for both wading and swimming. 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 entrance, cross the first footbridge into the Visitor Entrance and head down the stairs. Take a left into the Adventure Room hallway. We are at the end of the hallway on your right where the cafeteria is.

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

Sincerely,  
Peter Bullock  
(802) 985-0309





**SHELBURNE FARMS**  
**Discovery Camp 2010**  
**Emergency & Health Information**

Required Fields

Date: \_\_\_\_\_

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

Parent/Guardian: \_\_\_\_\_

Local Address: \_\_\_\_\_

Phone 1: \_\_\_\_\_ Phone 2: \_\_\_\_\_ Phone 3: \_\_\_\_\_  
 During program hours alternate alternate

Is your child attending camp with a friend? If so, what is that child's name? \_\_\_\_\_

**HEALTH INFORMATION**

Date of last immunization for **tetanus** \_\_\_\_\_ Is your child **allergic to bee stings**?  YES  NO

I give consent for my child to receive the following as needed (please circle): Ibuprofen Acetaminophen Insect repellent

**If your child is currently taking medication**, do you request and grant permission to administer it?  YES  NO  
 Please state medication(s), dosage and interval:

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

Please specify any **concerns or special needs** for your child. We would like to know how best to provide support, including how to relate with him/her, and what accommodations, if any, will be needed. Please attach special care plans and indicate if a staff member or other adult is needed to regularly assist your child during camp. **Check all that apply:**

Allergies  Dietary Restrictions  Physical Limitations  Behavioral Concerns  Aide Required  Other

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

**IN CASE OF AN EMERGENCY**

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 (during program hours): \_\_\_\_\_ Phone (alternative): \_\_\_\_\_

In the event that your child experiences an allergic reaction, do you grant permission to administer **Benadryl** to your child? If applicable, I also grant permission to administer the **EPI-PEN** that I have provided.  YES  NO

**I hereby authorize any additional medical treatment deemed necessary in the event of emergency or injury:**

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ Date: \_\_\_\_\_

CONTINUE ON BACK >>

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## PROGRAM LOGISTICS

Do you give permission to transport your child in **camp vans and wagons**?  YES  NO

Do you give permission for your child to **swim** under the supervision of certified lifeguards?  YES  NO

My child's swimming ability is **(circle one)**:    Cannot Swim    Beginner    Intermediate    Advanced

We welcome additional comments on your child's swimming ability or comfort in or near the water:

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Do you grant permission to publish in print, electronic, or video format, the likeness or **image of your child** for the general promotion of Shelburne Farms and its programs?  YES  NO

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## ROAD SAFETY

I hereby agree to the following guidelines and will communicate them to relatives or friends should they drop-off or pick up my child(ren) for this program.

- The Farm speed limit is 25 MPH and reduced speeds are expected near buildings and parking lots.
- There is no passing of moving vehicles.
- All program participants are expected use the main entrance to the Farm at the intersection of Harbor and Bay roads and to check-in with the greeter at the gate house when you enter the property.
- The Farm Barn courtyard may be used for handicap parking.

ACKNOWLEDGED

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## CONSENT AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless Shelburne Farms 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: \_\_\_\_\_

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**Please return this form one week prior to camp:**

Shelburne Farms  
Attn: Summer Camp Programs  
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)

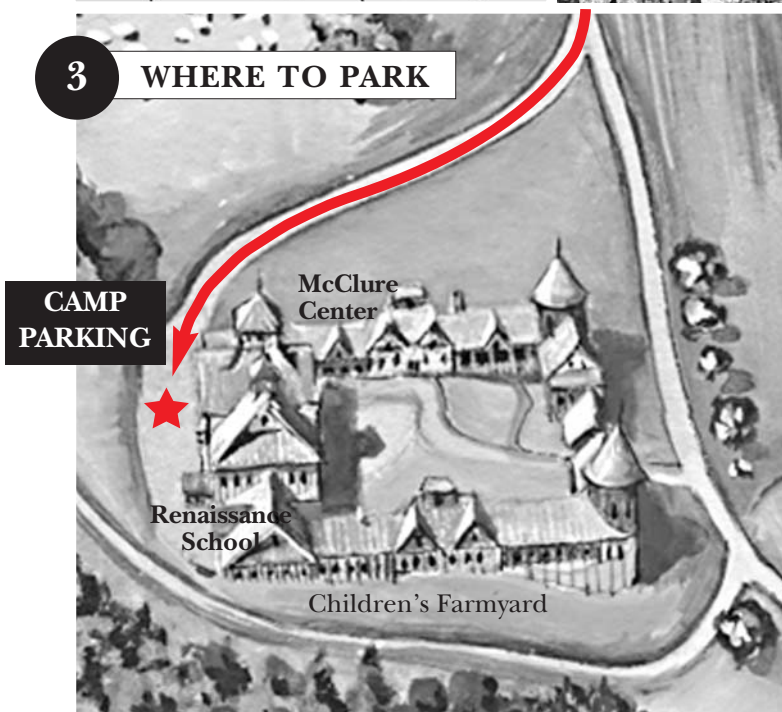
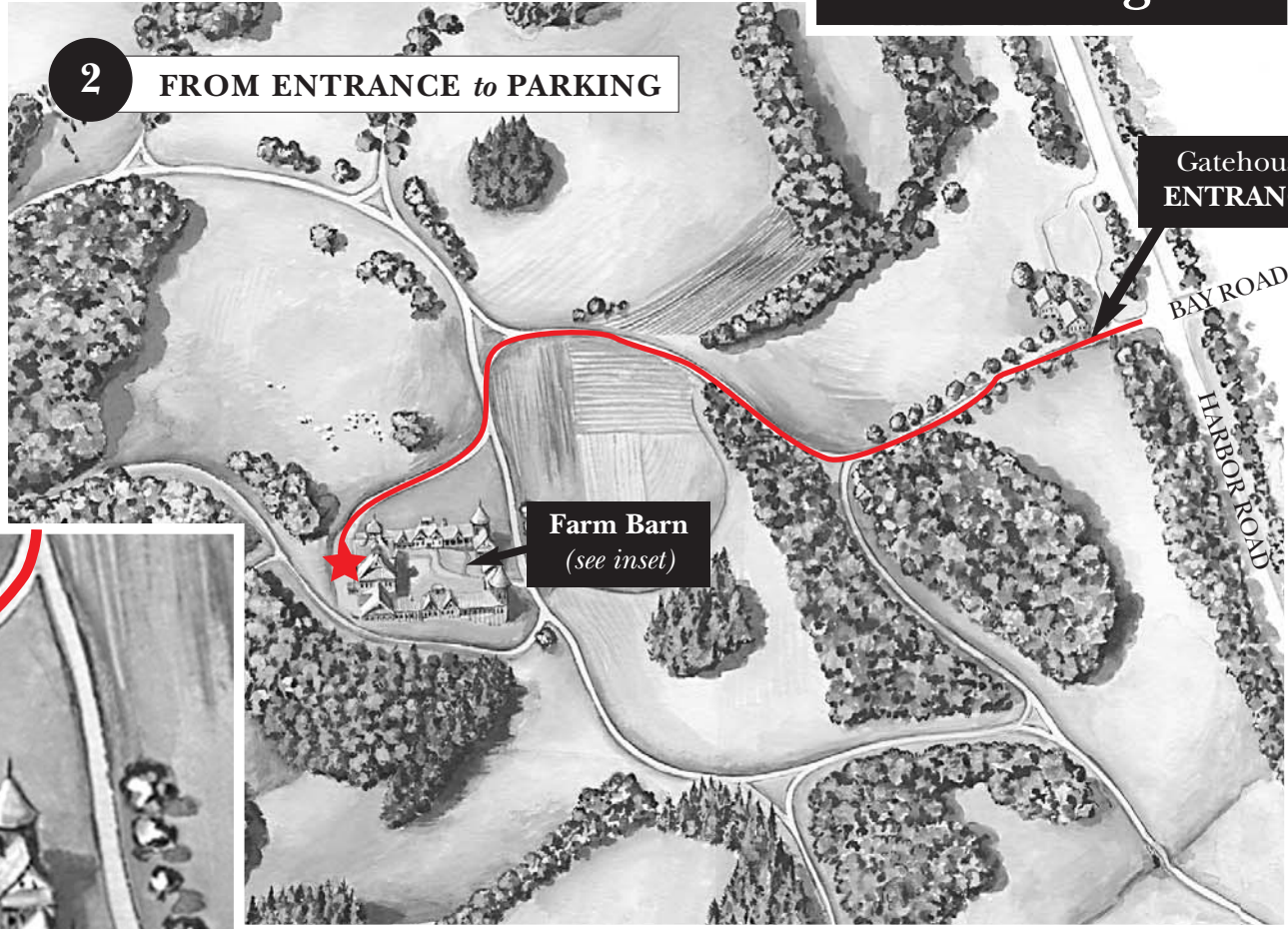
International Food Information Council  
1100 Connecticut Avenue, NW  
Suite 430  
Washington, DC 20036  
202-296-6540  
[www.ific.org](http://www.ific.org)

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!