



June 2013



SHELBURNE FARMS

Welcome to **Outdoor Adventures Camp** at Shelburne Farms! We are excited to share this week on the farm with your child. Situating our meeting spot/classroom in the forest allows us to immerse ourselves in the natural world. We'll be on our bellies watching salamanders, digging for veggies in the garden, 'flying' thru meadows searching for the ripest berry and perhaps running thru sprinklers to cool off! We will use the farm as our classroom as we visit the farmyard, forest, fields, gardens, and pond in search of insects in their habitats – our whole day is outside! Expect dirty, wet and tired but happy campers at pick up!

If this does not meet your expectations, or if you have further questions about our use of the farm as a classroom, please contact me at (802) 985-0308 or lwellings@shelburnefarms.org.

WHERE TO PARK & MEET:

The Outdoor Adventure camp is located **in the forest behind the Farm Barn. When parking behind the Farm Barn, cross the pedestrian bridge at our welcome sign and meet our educators up the hill by the garden. In case of thunder showers, we will meet in the Renaissance School at the Farm Barn at Shelburne Farms. (Aug 19th camp week will meet in the Education Center at the Farm Barn as a backup space.)**

We will be calling all Outdoor Adventures Camp families one to two weeks prior to camp to discuss our plan for the week, rain location, and answer any questions you might have, but please don't hesitate to contact us beforehand!

Thank you,
Linda Wellings
Adventures Camp Director
lwellings@shelburnefarms.org
802.985.0308



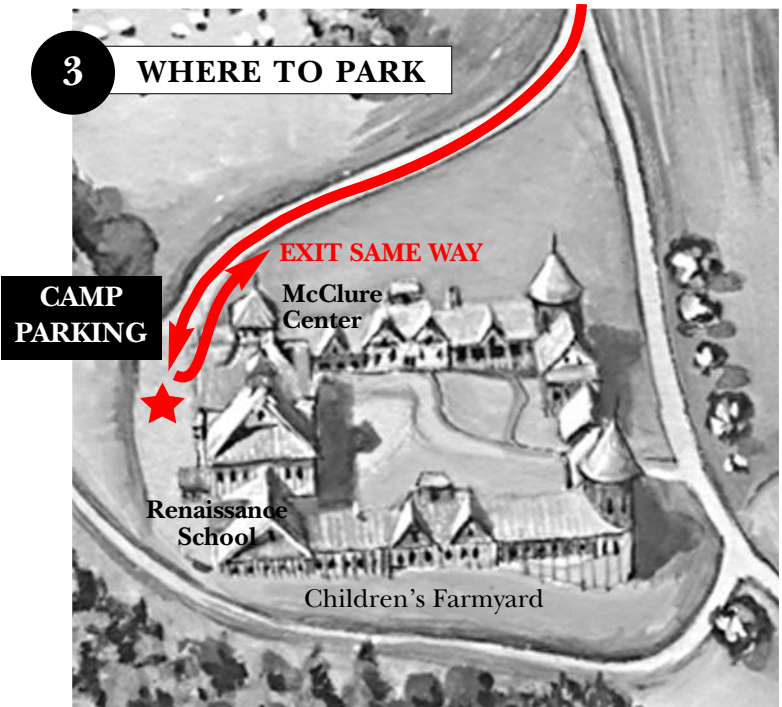
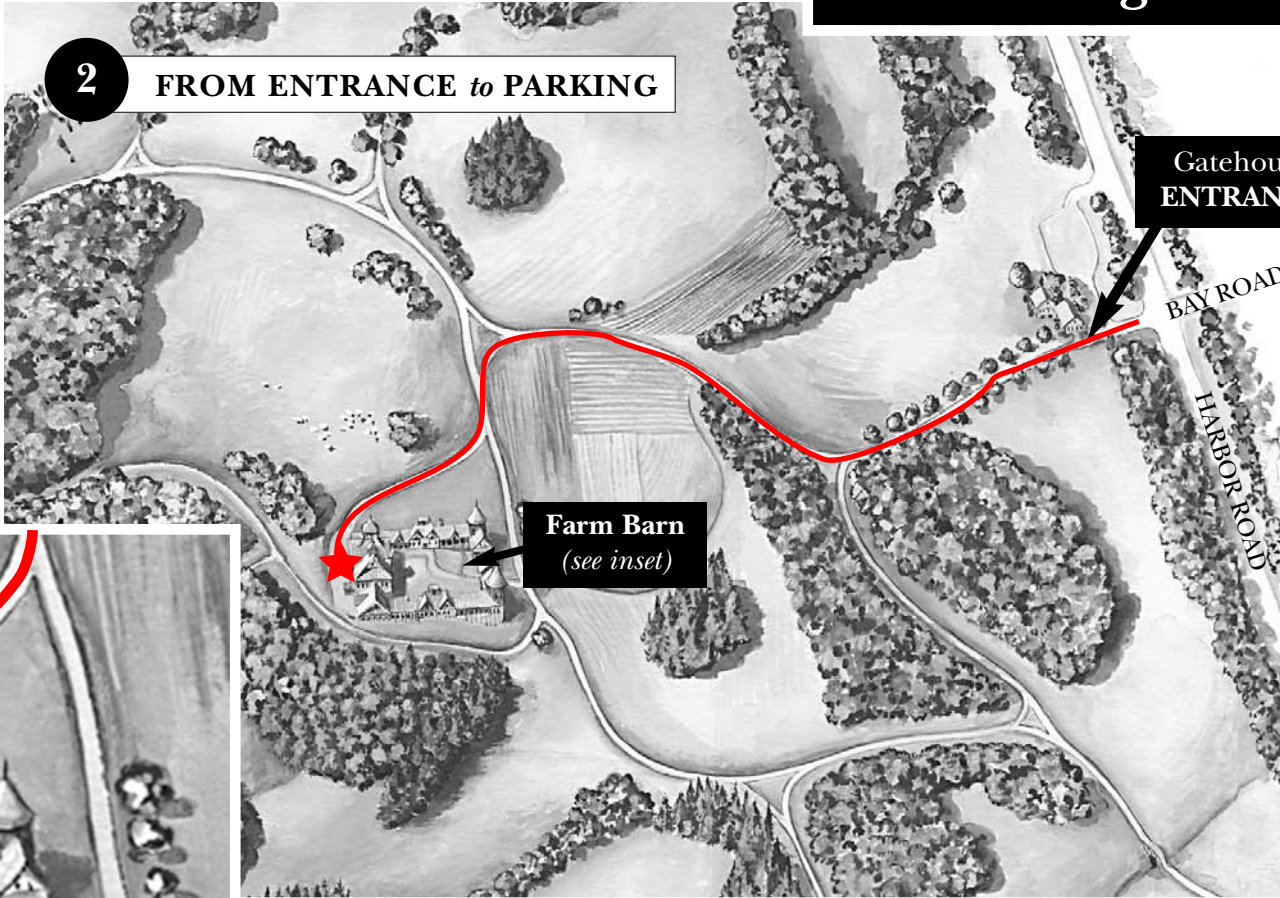
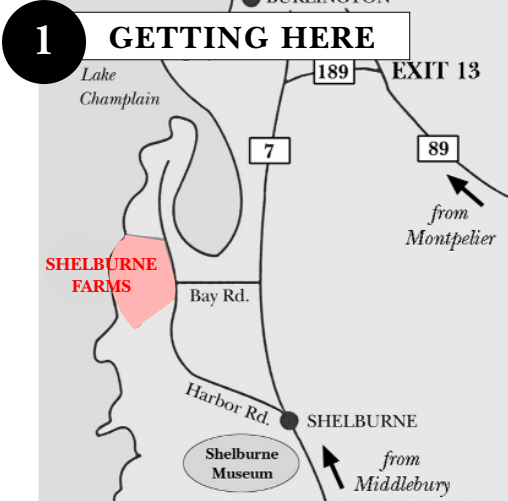
What to Bring: No Peanuts and Tree Nuts Allowed. We strive to keep our camp space nut free. We have a pack it in/pack it out trash policy to manage our waste and to encourage recycling, reusing, and composting. Please be sure to pack plenty of food and drinks to keep your camper happy all day. You might include an ice pack to keep things cool. **(Please label everything...)**

- Camper-friendly backpack (campers will carry their water bottle, snack/lunch, and extra gear)**
- Snack and lunch.** We found last year that outdoor camp creates big appetites. Please pack plenty of food!
- Sunscreen (**Please apply a first coat to your child.** We will reapply as needed) Please apply bug spray (if interested) before camp.
- 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
- We recommend natural mosquito and tick repellent (avoid perfume & bananas to discourage mosquitoes). Light colored, long sleeve shirts and long pants are known to be a deterrent to ticks.
- Any theme-related books, binoculars, insect ID books, songs, pictures, etc. you would like to share.
- You are welcome to leave your child's 'stuff' at camp all week. We will be using the sugar house as our storage location.

1611 Harbor Road • Shelburne, Vermont • 05482
phone: (802) 985-8686 fax: (802) 985-8123

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 Education Center and Renaissance School. We ask that you enter and exit the parking lot from the same side. The Children's Farmyard lane will be closed in consideration of farmyard guests. If the parking lot is full, you may turn around in two reserved spaces at the end of the lot, and find additional space on the lawn in front of the building. Handicap drop-off/parking is available in the courtyard. *Thank you!*

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

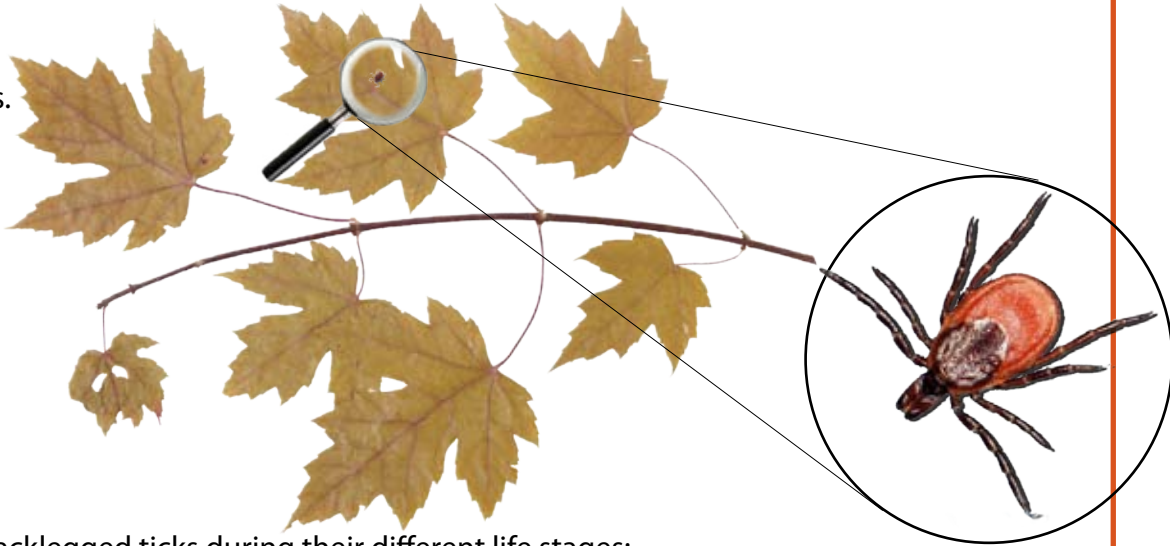
peanut allergies

Don't Let a Tick Make You Sick!



What is a tick?

Ticks are related to spiders. They have 8 legs. But they don't spin webs and they don't eat insects. All ticks are small, but blacklegged ticks (sometimes called deer ticks) are **very** small. This is a blacklegged tick close-up:



This is the actual size of blacklegged ticks during their different life stages:



They are so tiny, it's easy to mistake them for freckles or dirt. Sometimes they're hard to see at all! Would it be hard to find these on a pet?



Where do ticks live?

Ticks live in places where there is a lot of tall grass, shrubs, and leaves.

Ticks wait for an animal (like a deer, a mouse, or a dog) or a person to walk by. Then they grab on to the animal or human.

How do ticks bite us?

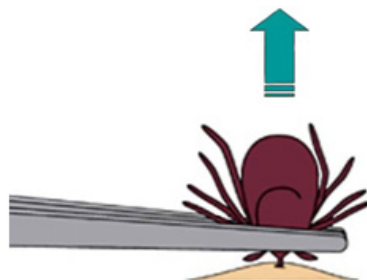
After climbing on a person or animal, ticks find a good place to attach themselves. They might hide in your hair, or behind the knee, even in your underwear!

Then, the ticks bite into a person or animal's skin and start drinking their blood. Tick bites don't usually hurt, so you may not even notice it.

The tick can stay attached for a few days. When it is full, it will fall off.

What if I find a tick on me?

If you find a tick on your body, tell your parents or a teacher. They can use tweezers to pull it off. Then they should wash the bite with soap and water or disinfectant.



An adult should use narrow tweezers to pull the tick straight up and out.

How can I keep ticks away?

You can wear insect repellent and stay out of tall weeds. If you are in a place where ticks live, take a bath or shower after you come inside. Let your parents check you for ticks afterwards.

Also, tell your parents that there are things they can do to keep ticks out of your yard.

How can I stay healthy?

If a tick bites you and soon after you get a fever, a skin rash, or feel really, really tired, tell your parents. The tick may have given you some germs. See your doctor to find out if you need medicine.

Test Your Knowledge!

ACROSS

1. If a tick makes you sick, you may get one of these on your skin.

3. Ticks eat _____.

7. Never pull off a tick with your _____.

9. If a tick makes you sick, you may feel hot because of a _____.

11. Ticks can be so small, you might think they look like _____.

12. A place where ticks wait for people or animals.

13. After removing a tick, wash the bite with _____ and water.

DOWN

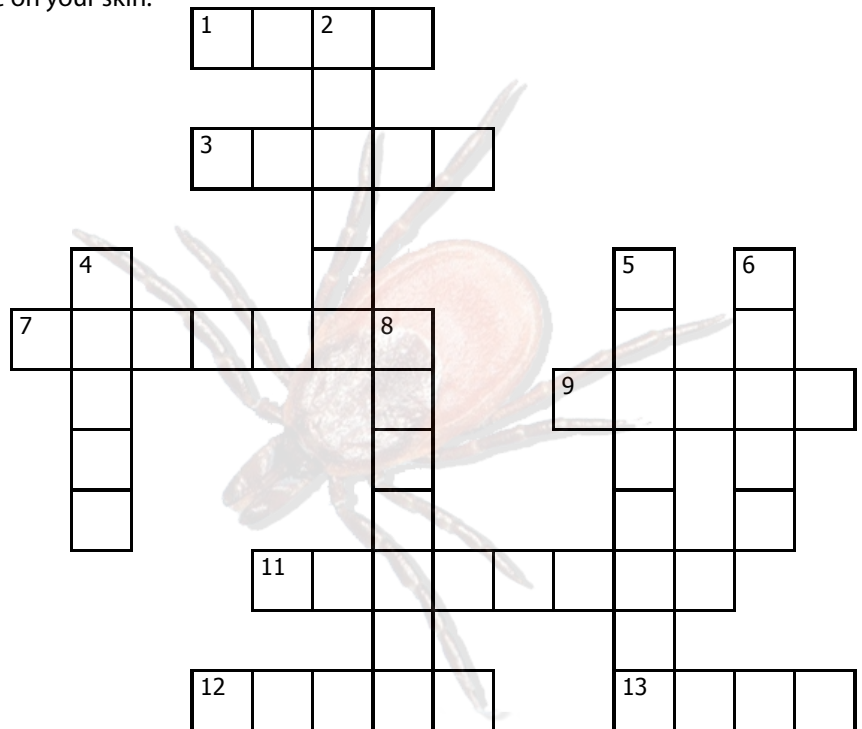
2. Take a bath or _____ to help remove ticks.

4. The number of legs a tick has.

5. Tool for removing ticks.

6. When you come indoors, always _____ for ticks.

8. Ticks are related to these web spinners.



 VERMONT
DEPARTMENT OF HEALTH

108 Cherry Street • PO Box 70
Burlington, VT 05402
HealthVermont.gov



Division of Vector-Borne Diseases
1600 Clifton Road NE, Atlanta, GA 30333
1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov Web: www.cdc.gov