

Camp Warrawee

SPECIAL DIETS

Participant Data Entry Guide



Accurate and consistent information about special diets is essential, as these can be complex and difficult to manage. We can only provide safe and appropriate meals based on the information provided to us. When entering dietary details for camp participants in Venue Life please select the most appropriate Dietary Requirement and indicate the Severity of the requirement. Please add any extra detail in the text box 'Additional dietary requirement information'.

Dietaries we can cater for:

DIETARY REQUIREMENT	DETAIL/NOTES
None To Report	Regular camp meals provided. No dietary restrictions
Dairy Free	Dairy-free milks, spreads, and snacks provided. Please note if the participant is allergic or intolerant (different to Lactose Free)
Egg Free	Egg-free baked goods and meals. Specify if baked egg is tolerated
Gluten/Wheat Free	Gluten-free breads, pasta, and sauces. Prepared to avoid cross-contamination
Halal	Halal-certified meats or vegetarian options provided where available
Halal – No Beef	Halal-certified alternate meats or vegetarian options provided where available
Lactose Free	Lactose-free dairy products suitable for intolerance (different to Dairy Free).
No Beef	Excludes all beef and veal product including beef derived gelatine.
No Pork	Excludes all pork or pig-derived products including gelatine.
No Onion/ No Garlic	Excludes all types of onion, garlic and closely related root or bulb vegetables like shallots, leeks and chives.
Nut Free	A nut-aware menu will be provided; however, we cannot guarantee a completely nut-free environment, as some products may contain traces of nuts. It is essential to specify the severity of the allergy (e.g., airborne or contact) and whether foods labelled “may contain traces of nuts” are acceptable.
Sesame Free	No sesame seeds, tahini, or sesame oils. Please indicate if sesame oil is tolerated.

DIETARY REQUIREMENT	DETAIL/NOTES
Shellfish Free	No shellfish or shellfish-derived products. Please specify severity level.
Soy Products	Soy-free meals and alternatives provided. Specify if all soy or specific types (e.g. soy lecithin) must be avoided.
Vegan	100% plant-based meals. No animal products, please specify if any variations are acceptable (e.g. honey)
Vegetarian	No meat, poultry, or seafood. Please specify if any variations are acceptable (e.g. eggs, cheese etc).

***Please note that not all dietary types and descriptions may be visible, as your booking was made in Venue Life before the table was updated. If you have any questions, please contact Y Camping.**

SEVERITY LEVEL	DETAIL/NOTES
Preference	Personal or cultural choice; no medical concern.
Intolerance	Causes discomfort (e.g. bloating or nausea); not life-threatening.
Allergy	Causes allergic reaction (e.g. rash, hives, swelling); requires avoidance.
Anaphylaxis	Severe, life-threatening allergy; requires strict avoidance and emergency plan (EpiPen, Action Plan required). IMPORTANT: Where there is risk of anaphylaxis or adverse reactions, an ASCIA Plan (Action Plan for Allergic Reactions) MUST be provided. This information will be stored at the Kitchen in a safe and accessible area.

GLOSSARY

- Allergy - potentially life-threatening immune system response to a food protein.
- Food Intolerance - a digestive issue that causes unpleasant but not life-threatening symptoms.
- Anaphylaxis - the most severe form of an allergic reaction, which can occur within minutes of exposure and may cause difficulty breathing, swelling, or collapse. Immediate medical treatment is required, and an emergency action plan and EpiPen must always be available. Y Camping maintains an emergency EpiPen on site (located in Kitchen); however, all groups are required to carry their own at all times.

If a dietary requirement is not listed please email camping@ymcaqueensland.org.au with:

- Camp participants full name
- School name and camp dates
- Detailed dietary requirements and severity
- Parent or guardian contact details

The Kitchen Coordinator will contact parents/guardians directly to confirm arrangements and avoid any miscommunication. Parents may provide their own meals if Y Camping cannot accommodate specific needs. Refrigeration is available for food storage, and Y Camping staff can assist with plating and distribution of meals. Parents should liaise with the relevant school or group to discuss any possible reduction in camp fees.