



Irvine Ranch Outdoor Education Center Dietary Guidelines

We understand your challenges in managing your food allergies and food sensitivities. During your stay, you may be exposed to allergens, including those from food. We strive to reduce the risk of these allergens in a variety of ways. Our kitchen is "peanut-safe," none of the foods we serve contain peanuts or peanut products, and our Food Service staff do not bring personal nut or peanut products into the kitchen. *However, the food ingredients we use may have been manufactured on shared equipment processing milk, wheat, egg, soy, fish, peanuts, tree nuts, and other allergens.*

We are not a gluten-free kitchen. Due to the handcrafted nature of our food, and our use of shared cooking and preparation areas, we cannot ensure that our food is free from any allergens. We prepare our foods following procedures to prevent allergen cross-contamination, but products containing wheat, egg, soy, and dairy are all made in our kitchen. The range of tolerance or reactions to the presence of food allergens varies greatly from person to person. Decisions on the number of precautions you should take or risks you may expose yourself to, are always best made by you in consultation with your physician.

Our facility also does not provide vegan, kosher, halal, or other meals adhering to religious guidelines, and we do not "carb-count". We provide a vegetarian option during every meal. (*please request a vegetarian option at the time of booking*), and we do not serve seafood. If you wish to provide your own meals during your stay at camp, we will work towards ensuring the highest level of safety and convenience regarding your meals.

When providing your own meals at the IROEC, our Food Service Staff will be happy to reheat it for you. Please follow the following procedure:

- Please write up a daily meal menu with reheating instructions so that our Food Service Staff can ensure that you receive the meals you want on specific days/mealtimes.
- Please label ALL food containers with your first and last name, the name of the group you are with and which meal it should be served at (Ex. "John Smith, Catholic Diocese Retreat, Spaghetti, Tuesday Dinner").
- As stated above, our kitchen does not use foods with peanuts. However, you may be exposed to other food allergens, and our utensils and dinnerware may have allergens exposed to them. If you wish to provide your own disposable utensils, plates, trays, or cups, please feel free to do so.
- We have a designated refrigerator in the kitchen to store dietary restriction meals. The refrigerator is cleaned and sanitized before your arrival, and this refrigerator is ONLY used for dietary restricted meals.
- Meals will be reheated in the kitchen microwave.
- Meals will be prepared by our Food Service Staff before mealtimes, so you will be able to enter the buffet line and ask for your meal with ease.
- Please write your name on ALL containers/bags/utensils/menus to ensure that your food is properly administered.

Due to Orange County Health Department regulations, the IROEC Food Service Department cannot cook any outside food brought into the camp, we can only reheat it.