

Food Allergy Summer Camp at **YoWoChAs** *Outdoor Education Centre*

July 28th – August 1st, 2008



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The YWCA YoWoChAs Outdoor Education Centre and the AAIA have just completed the 5th year of a partnership delivering Food Allergy Camp. A truly unique program, this camp allows kids with life threatening, severe food allergies a chance to come to summer camp. All food allergy campers are integrated in the various programs and get a chance to try our many great activities such as high ropes, zipline, archery, wide area games, special events and of course campfires. For many of the food allergy campers it's their first time away from their parents. It can be a pretty intimidating experience not having a parent and their vigilance preparing meals when even a minor ingredient could lead to a life threatening allergic reaction. However, Wendy (the dietician) and her team do a fantastic job of researching ingredients and preparing meals that are not only safe, but nutritious and delicious. Generally, by the end of the first meal all the food allergy campers relax a little bit and really start having fun. We get a lot of positive feedback about this program and have had inquiries already for next year from as far away as Texas and Tennessee. The best part about offering the food allergy camp is that it lets kids, with severe food allergies, just be kids at summer camp. They laugh and play and even teach their cabin mates some understanding about different allergies. It has been a great partnership and I look forward to many more successful years.

Chris Wick
Manager, YWCA YoWoChAs Outdoor Education Centre

This past summer was my fourth time at the food allergy camp at YoWoChAs. With my allergies to eggs, dairy, nuts and peanuts, going to camp was previously impossible. Even though at first I thought that this program was too good to be true, I was soon proved very wrong. The whole team behind the food preparation has always been very aware of each camper's allergies, and do their very best to satisfy everyone. This has resulted in a fun, worry-free week year after year. And, most importantly, the food is awesome!!!

Kristina Seefeldt
Past Camper

Food Allergy Summer Camp 2009

July 27th – 31st

Phone: 1-866-456-6651 for more information

"Can we go again next year?" were the first words that came out of my kids after their week at YoWoChAs Food Allergy Camp. I didn't even get a "hi, Mom"! I asked them if they missed me and the answer was such a quick "No" that I was a little shocked. Their week at camp was hands down the most fun they had ever had. I never imagined that my kids would be able to participate in a summer camp program. Between the 2 of them they are anaphylactic to milk, eggs and peanuts, and also have allergies to wheat, soy, and pink fish. Everyday I struggle to get meals on the table that the family can eat. I have never left them anywhere overnight before, let alone for 5 days! The staff was extremely knowledgeable and concerned for the health and safety of my kids. All ingredients and menu items were reviewed in great detail. I never worried that one of their allergies would be overlooked. It was a great experience for me as a concerned mother. We can't wait until next summer !

Marnie Fudge
Mom