



A Christian Camp and Conference Center at Elbow Lake owned and operated by the Evangelical Covenant Church

Cascades Camp & Conference Center Dietary Needs Policy

Here at Cascades Camp & Conference Center we desire to meet the needs of every guest who stays at our facility. We understand that in today's world that often means accommodating for special dietary needs, so we do our best to meet those needs with substitutes and alternative options.

Rental Groups with the following dietary needs are responsible for relaying their individual requests to their group leader, who is in turn responsible for notifying Cascades one week prior to arrival when submitting final numbers/information:

- Gluten free
- Dairy free
- Nut free
- Egg free
- Vegetarian
- Vegan

Our food services team accommodates special dietary needs in the following ways:

- Providing enough variety of options in our family style dining for guests to choose from
- Offering substitutions for some (though not necessarily all) menu items in order to provide a well-rounded meal

We do everything in our power to accommodate for guests who need it, but in some instances (when particularly unique needs or combinations of needs are present) a guest may be asked to provide their own food.

Please also note that we will not be able to accommodate specific diet plans (FODMAP, Whole 30, Paleo, etc.).