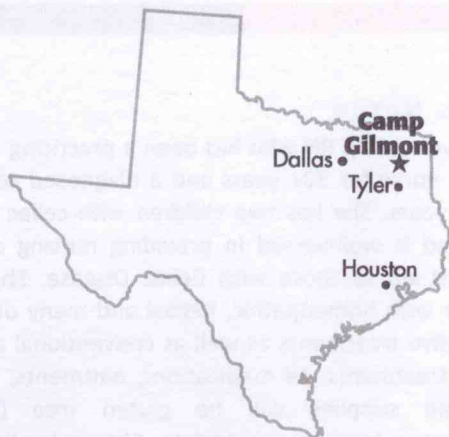
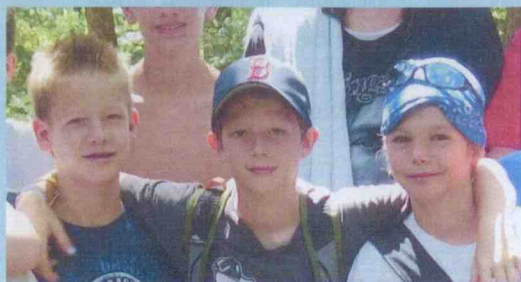


A Resident Camp for Celiac Kids!

The camp comes with all the normal camp events and activities such as:

- high/low ropes
- swimming
- crafts
- canoeing
- hiking
- cooking
- games
- archery and more...

Each camper will experience all the excitement of a summer resident camp, including s'mores by the campfire!



For more information,
or to register for camp,
please visit our website:

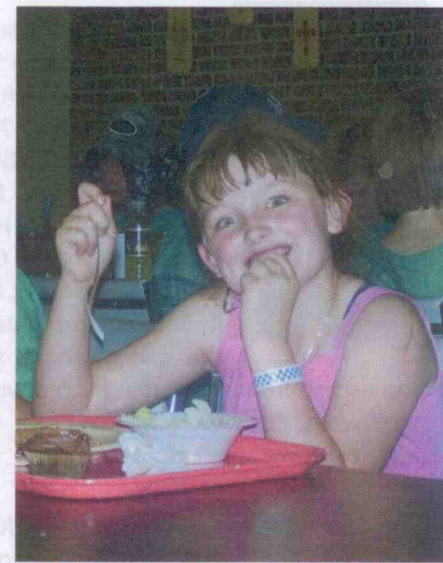
www.greatglutenescape.org



The Great Gluten Escape
Camp, Inc.

The Great Gluten Escape is a non-profit organization and all donations are tax exempt. Any assistance you give to help support the camp and the opportunity it gives children with Celiac disease will be greatly appreciated.

The Great Gluten Escape Camp



Mission Statement

The Great Gluten Escape Camp will provide each camper with an opportunity to participate in camp activities without concern for the gluten content of the food provided. The camp will provide an environment that encourages peer support and escape from the daily peer pressure of the "I can't have that" syndrome.

July 8 - 13, 2012
\$395

A Resident Camp for Celiac Kids

Camp Details



This 6 day, 5 night summer resident camp has been designed for youth ages 7-15 with dietary restrictions related to Celiac Disease, Dermatitis Herpetiformis, and/or Gluten Sensitivity/Intolerance. This is the camp where you can escape from the gluten loaded world we live in. **For one week you will not have to worry about gluten!**

The Great Gluten Escape Camp is held at Camp Gilmont -- approximately two hours east of Dallas. Nestled among the piney woods of East Texas, Camp Gilmont is located about five miles northeast of Gilmer on Texas Highway 155.

We welcome siblings whom are also of the age 7 to 15 that are not diagnosed with Celiac Disease, DH, or Gluten Intolerance. However, only gluten free food will be served during camp. We regret we will not be able to accommodate diabetics or campers experiencing the physical challenges associated with Down Syndrome and/or Autism.

Camp Nurse

We have a camp RN who has been a practicing registered nurse for 30+ years and a diagnosed celiac for 20 years. She has two children with celiac disease and is well-versed in providing nursing care and first-aid to those with Celiac Disease. She is familiar with homeopathic, herbal and many other alternative treatments as well as conventional allopathic treatments. All medications, ointments, and first aid supplies will be gluten free (and dairy/casein free) as appropriate. She understands not only the metabolism; but also the medication and chemical sensitivity of children with CD, DH and Gluten Intolerance and strives to provide care by the most effective means with the least side effects and toxicity.

Food Facts

Food is a big part of any camp experience. Our mission is providing SAFE (gluten free), appealing, and healthy food for all campers at meals, snacks and parties. We enjoy this challenge, because it is so rewarding to see campers enjoying themselves without worrying about the safety of their food. Our menu is custom developed for our campers. Cooks are supervised and trained by the camp dietitian. All foods are approved before use by the camp dietitian or camp director. There is always camp staff, trained in the gluten free diet, on duty at all meals and parties. We accommodate the additional challenges of casein intolerance or allergies to casein. We do celebrate birthdays that occur while we



are at camp with special cakes or desserts that are presented at meals for all to enjoy.



Some of our gluten free foods are generously donated by companies that are known for high quality, safe products, such as Pamela's, Kinnikinnick, Ener-G, 'Cause You're Special, Dietary Specialties, Enjoy Life, and Bob's Red Mill. However, most companies are not able to send us all the items that we need for our large group. Part of the camp registration fees are used to purchase items that are not donated, along with staples, such as meats, cereals, and produce.

The Great Gluten Escape Camp provides a gluten-free menu for all campers. We offer an option of a milk free diet as well (gluten free, milk/dairy free). We do not purchase foods containing tree nuts or peanuts; however we are not claiming to be an allergy-free kitchen for those with serious allergies. Due to the increased time required to review dietary ingredients and challenges obtaining other foods, we will not be able to accommodate additional dietary intolerances, allergies and sensitivities.