

Class Allergen Philosophy: All food offered in classes are optional. Instructors should tell their class which of the top 5 allergens are present in class food. If there is an airborne or contact allergy (verses ingestion allergy) the school should make Eagle Bluff aware ahead of time and the activity will be omitted from class.

Class offerings and food

Backcountry camping	Ramen noodles (W, processed in a facility with E, M, P, and shellfish)
Big Freeze	walnut, marshmallow (neither are eaten)
Birds	sunflower seeds (not eaten)
Campfire	graham crackers (W, M, S), chocolate (M, S, processed in facility with P), marshmallow
Fungus AmongUs	pancake mix (E, W, M, S), pizza sauce, cheese, mushrooms, herbs
Ice Age	Beef hotdog <u>or</u> Tofurkey (S, W)
Inside Energy	popcorn
Oneota	corn muffin mix and pancake mix (E, W, M, S), raspberry stems (used for tea, not eaten)
Pioneer Life	flour (W), salt, baking soda, wheat (W), maple syrup, conifer needles (used for tea, not eaten)
Snowshoeing	whipping cream (M)
Winter Survival	Lemon Drink (aspartaine)

Eggs (E)

Wheat/Gluten (W)

Milk/Dairy (M)

Soy (S)

Peanut/nut (P)