FROST VALLEY YMCA
Nut Awareness Policy

At Frost Valley YMCA, your health and safety are our top priorities. We are committed to providing an inclusive and supportive environment for all guests, including those with nut allergies. While we cannot guarantee a completely nut-free facility, we have taken meaningful steps to reduce the risk of allergen exposure and promote awareness throughout our community.

Food Service Practices

- Our Food Service team **does not serve any items containing nuts or nut-based products**, with the exception of coconut (MCT).
- We also make every effort to avoid products that may contain traces of nuts or are made on shared equipment used to produce nut products.
- Upon request, we are happy to prepare **meals that minimize potential exposure to nuts**. Please reach out in advance so we can accommodate your needs.

What Guests Can Expect

- While we cannot control what guests bring on-site and we allow for nut products to be brought, we **strongly encourage all visitors to be mindful of those with nut allergies**.
- Guests with food allergies are welcome to **ask for ingredient information**, which is available upon request for all meals served by Frost Valley YMCA.
- To help us support your needs, we ask guests with nut allergies to **notify us in advance** so we can work with you to ensure a safe and enjoyable experience.

Contact our Food Service Department at **goodfood@frostvalley.org** or **845-985-2291 ext. 230** to discuss any specific concerns or accommodations.

Nut-Free Areas

- **Designated nut-free spaces**—such as specific dining tables or rooms—can be arranged upon request for guests with contact or ingestion allergies.
- These areas will be clearly marked and maintained to the best of our ability.
- Please note that while we work hard to reduce risk, we **cannot guarantee protection from airborne allergens**.

Our Shared Commitment

We believe that with awareness, communication, and cooperation, we can create a welcoming environment for everyone. Thank you for helping us keep Frost Valley a safe and inclusive space for all.

ADDRESS 2000 Frost Valley Rd, Claryville, NY 12725 **TEL** 845-985-2291 **EMAIL** info@frostvalley.org

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