

## Special Food Needs for Allergic or Religious Reasons

Philmont trail food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual in your crew is allergic to some food products or requires a special diet, suitable food must be purchased at home and brought to Philmont.

**Philmont asks that food substitutions be made only for medical (including allergies) or religious reasons.** All food shipped to the backcountry is subject to inspection to insure the best delivery method. There is no fee reduction for individuals who bring their own food.

If replacement food is required, go to the Philmont website at <http://www.philmontscoutranch.org> and find the menu and ingredients list. (Note: the 2013 menu and ingredients list will be posted in late April, 2013.) All meals are numbered from 1 to 10. Review this list and determine which items in each meal will cause a problem and prepare a substitute for the specific items in the meal. When putting the substitutes together, keep in mind that Philmont participants need approximately 3,000 calories a day. Package the substitutes for each meal individually and label them with your Expedition Number, the person's name, and the meal that the substitute is needed for ("Supper 5"). Do this for all meals that need substitute items.

On the afternoon of your arrival at Philmont, your crew's Ranger, the Crew Leader, and individual(s) needing the substitute food should bring the food bags and the crew's "Crew Leader Copy" to Logistics. The Logistics staff will then group the meals by backcountry commissary and will arrange for them to be delivered to that commissary so that they will be at the commissary when the crew makes its regular food pickup. The key thing to be sure of is that items are clearly labeled.

Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival at Philmont.

If you have any questions about food substitutions, please contact Philmont by telephone at (575-376-2281) or email [camping@philmontscoutranch.org](mailto:camping@philmontscoutranch.org). The 2013 menu and ingredient list will be available in late April 2013. The 2012 menu and ingredients list will remain on the website until the new information is available.

### KOSHER TRAIL MENU

Philmont supports a Kosher/Halal trail menu. Philmont has requested that all food suppliers bid products that are identified as Kosher. To assist crews identify those items that are Kosher the menu has an identification mark by each item that qualifies.

Crews or individuals that require a Kosher trail menu may bring substitutes for items that are not Kosher for each meal. These items must be prepared as outlined in this section.

*My Own Meal* products are available at Philmont as a substitute for the entre' in the dinners and need only to be immersed in boiling water for 5 minutes to be ready. All of the products used in *My Own Meal* are Glatt Kosher and are Halal. Philmont has Kosher vessels (i.e. Brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members.

Philmont Scout Ranch will do its best to provide specific information to help in planning meals for Jewish and Muslim Scouts. Substitute food items that are brought to Philmont and substitute *My Own Meals* provided by Philmont will be packaged using the process described in this section and delivered to specific commissaries to match the meals they are needed for.

You may direct specific question or concerns to the Philmont Jewish Chaplain or the Philmont Scout Ranch Director of Program at [camping@philmontscoutranch.org](mailto:camping@philmontscoutranch.org). The 2013 menu and ingredient list will be available in late April 2013.