

Information on Catering and Dietary Needs

At Youthworks Conference Centres, we provide a menu that is wholesome and take pride in high standards of food safety. Our catered meals include breakfast, morning tea, lunch, afternoon tea, dinner and supper depending on your booking.

We are allergen aware centres and we want to ensure anyone with allergy or dietary needs understands our catering abilities and limitations, our commitment to you is one of quality and care.

Guests with dietary needs will find an individually labelled meal with their name on it waiting for them at the food service area for each meal where they require an alternative. To assist us, please be sure to submit any dietary needs at least 2 weeks prior to arrival.

Whilst we do not use whole nuts or nut products in our cooking, being a commercial kitchen, we cannot provide food that is guaranteed free of any traces of nuts. If you **can** have food labelled 'may contain traces of nuts', please indicate this when completing your dietary needs information. Likewise, we cannot guarantee that all meals are completely free from traces of any other allergen such as gluten/wheat, as we do not have separate kitchens to prepare different allergen free meals. We do however take all recommended precautions when preparing allergen free meals.

If you have an anaphylactic reaction to certain foods or life-threatening allergies, please indicate this with your dietary needs and provide a copy of the anaphylaxis management plan.

If you decide that you would be more comfortable to bring your own pre-prepared meals and snacks, each of our centres has a fridge, hot water, toaster (on request) and microwave available for you to store and reheat pre-prepared meals. For those guests bringing their own food, please note that nut and nut derivative products (i.e. almond milk) are not permitted at our centres.

Fruit, bread and spreads (including gluten free bread) are available at all main meal times to supplement. We provide whole milk, light milk and soy milk options.

Unfortunately we cannot cater for specialised individual diets prescribed under the supervision of a dietitian or healthcare professional i.e. FODMAP and elimination diets.

If you would like to know more, or have questions about your specific dietary needs, please feel free to contact your Conference Administrator to discuss.