



Gluten Free Camp at Camp Y-Noah (near Akron Ohio)

August 3- 9 2014 Cost \$455.00

Come join in the fun for the first year of Gluten Free Camp at Camp Y-Noah!

We started this camp because our daughters have attended Gluten Free Camp at Camp Manitou-Lin in Michigan for past few years and they had a wonderful time (Thank You Greta and Nicole). Our only problem was the drive to get them there and the drive to bring them home; 10 hours round trip.

Through the years we had discussed how nice it would be for there to be a camp closer to home. Then we came across Camp Y-Noah. The head of their food service is a celiac and they already provide gluten free options during regular Y camp and actually serve all gluten free food during their diabetic camp week. They were happy to help us start the first Ohio Gluten free Camp!

The children will be doing normal camp activities. Some of the options they will have are, a 55 foot alpine tower, climbing a rock wall with zip line, high and low rope courses, canoeing, swimming, horseback riding, team building, camp fires, gaga ball, archery and crafts. The cabins will be organized by Boy / Girl and age once we know who is attending.

We are planning on having visits from a pediatric gastroenterologist and a gluten free nutrition expert to have age appropriate conversations about why they are gluten free, what to pack for school lunches, what to eat when they are unexpectedly at a friend's house and reading labels.

We are looking forward to your kids having as much fun at camp as ours will.

Nicole and Deah

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Please check out our Website to get your questions answered and see photos of the camp and sign up information.

<http://glutenfreeohiosummercamp.weebly.com/>

If you live closer to Grand Rapids, Michigan Check out Camp Manitou-Lin.

<https://groups.yahoo.com/neo/groups/glutenfreemichigankidscamp/info>