

BEGINNERS GUIDE TO CAMP OHIYESA

MEAL TIMES



ALL MEALS ARE EATEN FAMILY-STYLE TO ENCOURAGE STRONG COMMUNITY, MANNERS AND THOUGHT FOR OTHERS

- Campers eat meals with their cabin mates either inside our dining hall or outside on the porch. Meals are started together once everyone is seated and ready. A "hopper" is chosen for each table who will go and retrieve the food for their table from our kitchen serving window

- Food is brought to the table on a tray and is served family style at each table. Campers pass serving dishes and utensils around the table until everbody has had everyhting. Enough food is provided for every person to get an initial serving of the meal – counselors will monitor initial portions to make sure!

- Some typical meals served at camp include chicken, pizza, pasta, burgers, grilled cheese & pancakes. We keep all meals kid-friendly to cater to as many people as possible. If your camper is really struggling to enjoy the main meal, their counselor and our kitchen will find an alternatove so that they can always eat plenty for their day

- When there are campers who would like seconds, someone from the table will take the serving tray back to the kitchen and ask for seconds for the number of people who would like more. Seconds are always available to make sure that everyone has enough to eat

- Water is provided at every meal and can be refilled as often as the table would like to ensure proper hydration!

- Plenty of time (25-30 minutes) is provided to eat so nobody needs to rush and campers have time to talk and build organic connections



THERE ARE MANY OPTIONS TO CHOOSE FROM ALONGSIDE THE MAIN MEAL AT OUR FULL SALAD BAR

- At Lunch and Dinner we provide a full salad bar alongside the main meal – complete with fresh fruits and vegetables, protein options, pasta salads, dressings, hummus and pita. At Breakfast this is replaced with our breakfast bar containing yogurt, fruit juice, fresh fruit, cereal, oatmeal and milk

- We cater for many common dietary needs every week including vegetarian, vegan, dairy-free, gluten-free & celiac disease as well as a large variety of allergies & intolerances. All you have to do is let us know your campers' needs when completing their health information

- Occasionally, we may want to contact you further to discuss the best options for your camper at meal times. In some more complex cases, it may be best for your camper that you provide some supplementary food for their time at camp. This is stored and prepared in our kitchen

- We have trained staff and established procedures for allergen care and preparation, including seperate prep areas, utensils and storage to keep your camper safe

- If you have any questions or concerns, you can always contact us to talk through any part of our process to help you feel at ease

- If your camper is a particularly picky eater, you are welcome to send some additional food with them that they are more likely to eat. However, please note that we are a 100% nut-free facility