

Food and Wellness

We provide nutritious, delicious and varied meals. Our menus are planned with fresh, natural and seasonal ingredients in mind. Meals are served in the Cobb Dining Hall, a beautiful, spacious post and beam lodge built in 2001.

Breakfast and dinner are served family style, with two counselors and eight campers per round table, conducive to engaging conversation. Seating is assigned weekly. Granola, yogurts, hot and cold cereals, and fresh fruit are available each morning. We serve a creative vegetarian option each evening for dinner. Sunday breakfast is designed as a lazy breakfast buffet and the girls come in their pajamas. In the interest of health, we do not use a fryer and we avoid high fructose corn syrup and trans fats.

Lunch is buffet style with many healthy choices. Campers sit with friends at picnic tables on our wraparound porch. A warm entree is accompanied by a salad bar, a deli-sandwich bar with whole grain breads, a homemade soup station, a restricted access peanut butter station, fresh fruit and a beverage station.

Campers' favorite dinners include roast turkey with all the fixings, chicken stir fry and pasta night with toppings and sauces. We have theme days for international awareness. On Saturday nights, we cookout in the three units where visiting parents are welcome to join us for burgers, hot dogs, veggie burgers, chips, salads, watermelon and "*Congo Bars*" for dessert.

Our kitchen is staffed by three chefs, certified in kitchen safety and sanitation. College-age staff help with food prep, dish-washing and sanitation. Campers set and clear tables and take turns sweeping after each meal. Healthy food, variety and introduction to different foods is important to us at Wyonegonic.

No food is allowed in the camper cabins. All food is stored and served at the camp dining hall. Campers cannot keep food items in their cabins.

No candy or food will be allowed through the mail service or brought into camp by campers or visitors. These treats are a difficult issue to handle in the camp community. Your daughter will get limited sweets as it is our practice to serve ice cream or novelties twice a week; candy twice a week (with fresh fruit, granola bars, raisins, and trail mix as alternatives); and special treats at our traditional parties.

Special Dietary Restrictions: If your camper has any special dietary restrictions due to medical reasons it must be listed on the health history form. It is important to communicate any restrictions at time of registration. We encourage communication with Wyonegonic nurses and the Camp Chef prior to arrival and again on opening day.

Food Allergies: Please list any food allergies on your campers health history form. Wyonegonic is not a nut free facility however, we do not use nuts in our cooking or baked goods. We also avoid purchasing pre-packaged baked goods labeled as being produced in facilities with traces of nut products. We do serve peanut butter at the dining hall for a protein option at lunch. Peanut butter is offered at a separate location and is well labeled. Our Trip program adjusts and modifies the food options and menu for the entire group if a food allergy will be present on the trip.