

Food at Camp:

Camp Seymour's kitchen staff strives to create healthy, kid friendly meals with options that please the average person. We serve all meals family style with an additional fruit bar at breakfast and a salad bar at lunch and dinner. See the link for a sample menu.

What do I do if my child has a dietary restriction?

Please inform your child's teacher of any dietary restrictions a month in advance, so everyone can plan accordingly. We are able to accommodate many different dietary restrictions, but others are very difficult for us to serve.

We offer vegetarian options whenever meat is the main dinner options for those participants who are vegetarians (as long as we have been informed ahead of time, so we know how many people for whom we should buy).

At each meal campers with dietary restrictions or food allergies will be invited to bring their plates into the kitchen to get them the food that is right for them.

What do I do if my child has a food allergy?

Your child's safety is of utmost importance to us. We know that more and more allergies are common amongst school children, and we are doing our best to work with and provide healthy options for all participants. That being said, there are some combinations of allergies that are very difficult for us to accommodate. Please inform your child's teacher of any medical or dietary concerns a month in advance, so everyone can plan accordingly.

The kitchen staff has a binder with all of the ingredients for each product they use, so anyone with allergies or needs can individually check each item for ingredients.

At each meal campers with dietary restrictions or food allergies will be invited to bring their plates into the kitchen to ensure we get them the food that is right for them.

With some allergies, we do request campers bring supplemental food. Food brought in should be store bought and unopened (as opposed to homemade which we are not allowed by the Health Department to store and heat up in our kitchen). We recommend that participants bringing their own food bring it in coolers (for each individual labeled with his or her name and which meal the food is for) and in dry bags (labeled just like for the coolers). The one or two items we ask parents NOT to send with their kids for food is any peanut or tree nut items. We cannot store that in our kitchen due to the number of allergies around those foods.

If your child has a life-threatening allergy to something other than peanut or tree-nuts and you are concerned or have special requests, please call camp directly, so that we can work with you.

What about allergies to peanuts and tree nuts?

Peanut and tree nut allergies are so common, and though our kitchen is not “peanut or tree nut free”, during the school year we do not serve any peanut or tree nut products or anything that has those items in them.

Should I pack snacks for my child?

Unless your child has a medical condition requiring him or her to eat regularly between meals (in which case, please discuss a plan for this with your child’s teacher or school nurse), please refrain from packing snacks. YMCA Camp Seymour is in the woods, and when participants bring food into their cabins, it potentially attracts unwanted pests.