

Summer Camp Meal Program

Project O partners with UCONN Dining Services to provide lunch for our day campers and all meals for our residential campers. The menu aligns with meals that are offered at the University's cafeteria. UCONN Dining Services can meet the needs of campers with special diets and food allergies if they are clearly stated in your child's camp registration. Please review the registration to ensure the information you submitted when you registered for camp is still correct. If changes need to be made, please email us at projecto@oceanology.org or notify the camp director at check-in.

Camp meals are not buffet-style. Meals are plated individually by the chef for each camper based on their dietary restrictions (i.e., if 6 campers are vegetarians, only 6 vegetarian meals are prepared. Someone who is not vegetarian can't select the vegetarian meal if they don't like the days entree). Salad is typically offered as an alternative entree for lunch and dinner. We also have snacks on hand, though we do not consider that an acceptable meal option on a daily basis. If your child does not have specific dietary restrictions but is a selective eater, please have this conversation with them before they arrive at camp.

Residential Campers: Meals are an important part of the camp experience. Our daily camp activities require your child to stay hydrated and refueled with three meals and snacks because most of our day occurs in the field. Project O provides snacks for campers between meals. You are welcome to pack snacks for them as well. Please review the handbook for more details.

Day Campers: If you prefer to pack your camper's lunch each day, please opt out of our lunch program by sending us an email as soon as possible.

Guidelines for Dietary Restrictions

UCONN Dining Services must adhere to the dietary restrictions listed on the registration for the entire week of camp. Campers can't choose to eat something that has been listed as a dietary restriction so it's important that your camper knows what has been stated on their registration.

Special Diets (i.e., dairy-free, gluten-free, vegetarian, vegan, pescatarian, etc.)

Food Allergies:

- Be precise when stating the allergy (i.e., Tree Nuts, Peanuts, All Nuts, Milk, Shellfish, etc.)
- Include the severity of the allergy (i.e., severe if ingested, airborne, non-life threatening)

Food Sensitivity/Intolerances: (i.e., lactose intolerant, wheat, nuts, soy, etc). Even if your camper can tolerate a small amount of whatever their sensitivity is, their meals will be altered to eliminate it from their diet.