



What do we **EAT** at camp?



A core part of what we do is to **"lift the veil"** on our food at camp. We aim to serve sustainable food, taking into account where food is grown, how it is made (we try not to serve anything processed) and how it affects both our budget and our bodies. While we would like to say we only serve 100% local and organic food, in reality, our budget does not allow for this. We engage our campers in the conversation about the choices we have made (for example, we cannot afford to buy only organic dairy, but strive to serve only organic greens).

SAMPLE MENU

Breakfast

Sunday - Bagels
Monday - Eggs and Hash Browns
Tuesday - Yogurt Parfait
Wednesday - Pancakes
Thursday - Spanish Omelet
Friday - Oatmeal
Saturday - Muffin Quick Bread

Lunch

Sunday - Tofu Tacos
Monday - Grilled Cheese and Tomato Soup
Tuesday - Vegetable Chili and Corn Bread
Wednesday - Baked Potato Bar
Thursday - Enchilada Casserole
Friday - Asian Stir Fry with Fried Rice
Saturday - Hearty Soup and Israeli Salads

Dinner

Sunday - Chicken with Corn and Cole Slaw
Monday - Grilled Vegetable Pita Pockets
Tuesday - Mac N' Cheese
Wednesday - Pizza
Thursday - Burrito Bar
Friday - BBQ Salmon, Rice, and Green Beans
Saturday - Lasagna and Bread Sticks

Every day items...

Every Breakfast

Cereal & Granola
Yogurt & Cottage Cheese
Fresh Fruit
Hardboiled eggs

Every Lunch and Dinner

Pasta and Marinara Sauce
Quinoa or Rice
Salad with fresh vegetables
SunButter & Jelly Sandwich



The Basics

- ⇒ All food is **certified kosher** and under the supervision of the Conservative Movement.
- ⇒ **Vegetarian** = When we serve meat or fish there is always a vegetarian option.
- ⇒ **Gluten-Free** = While our kitchen is not Gluten-Free and cross-contamination is possible, we do offer gluten-free options at most meals.
- ⇒ **Dairy-Free/Vegan** = At every meal we strive to serve a dairy-free (usually vegan) option for campers and staff as well as offering soymilk or coconut milk at breakfast.
- ⇒ **Daily Snacks** = We offer free, healthy snacks like fruit, popcorn, or vegetable sticks for all campers and staff throughout the day.

How often will I eat **meat** at camp?

We serve meat (chicken or beef hamburgers) once per week and fish several times throughout the week. From a practical standpoint our kitchen facilities are simply not adequate enough to provide meat more than once per week in a safe, sanitary manner. All of our meat is prepared outside and cooked by grill because of kashrut (Jewish dietary laws). It is the only space we have. Meat is only served at base camp. Our older campers may only have meat once per two weeks because of their Masa (excursion) schedule.

Serving meat challenges our camp values too. Its not because we want all campers to return home vegetarian/vegan, but we do strive to educate our campers about where their food comes from and the impact it has on the environment. When we serve meat we produce three times as much waste as a camp. We are fortunate to receive a generous donation of kosher, grass-feed, hormone-free, free-range, chicken. We could not finance this type of chicken, which does fit within our values with our current food budget, if we had to purchase it on our own.

We might only serve meat or fish several times per week but our menu is full of protein and other healthy options to fuel our active campers.

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