



Feeding Active Campers (and Picky Eaters) at The Tyler Place

It is our mission to ensure that every camper at the Tyler Place is offered nutritious and delicious meals so they have the energy to participate in and enjoy the numerous activities offered throughout the week.

Campers are provided with three buffet-style meals per day that feature 2 main entrees, a variety of fresh fruits and veggies, home-baked breads and muffins, pasta, milk and 100% fruit juice. In addition we offer staple items at each meal that are popular with pickier eaters including plain pasta, yogurt, cheese sticks, bread and butter, fruit cups, applesauce, etc. (Menus are posted on the bulletin board in the lobby and at the Play House and Club House for you to view.)

Furthermore, campers are offered snacks to supplement their active day during both the morning and evening sessions. Some tummies are larger than others, so if a child requests an additional helping at meal or snack time, they are always provided with seconds.

At times, campers fail to indicate their hunger because they're distracted with excitement for the next activity or they just don't feel hungry at the time. Thus, even when prompted, some campers may eat very sparingly during group and consequently may be hungry after departing from group. Directors and counselors are instructed to put aside a TO-GO box for campers that didn't eat much. These are stored in the fridge at the Playhouse and Clubhouse or in Milk Fridge in the main kitchen for the groups who eat at the Inn – and are handed out when kids are picked up.

Even with all of these procedures in place, campers may still complain about being hungry (they are growing children after all and probably more active than usual), so we recommend stocking up on snacks to keep on hand in your accommodation. Some guests bring along snacks from home, but you can also stop by Martin's Store (at the entrance to the property) to pick up a few items to tide you over or take a drive to Hannaford's Market in Swanton to pick up a few things.

The Tyler Place makes great effort to accommodate serious food allergies and special dietary restrictions related to health issues. If these issues apply to anyone in your family, we ask that you contact our Food Service Director (Jeff Towle) or our Children's Program Director (Amie Ready) to discuss the situation prior to your arrival.

We deal with a large number of children each week and can't possibly accommodate picky eaters and prepare special meals for every camper (such as crustless sandwiches or room temperature milk). If you have an exceptionally picky eater, we highly recommend that you bring along some of his/her favorite foods to keep in your accommodation, but PLEASE do not send your child to group with these special items in the event another child has a serious food allergy.

If you have any questions or concerns, please feel free to contact Jeff or Amie.

Thank You,

Amie Ready

Children's Program Director
amie@tylerplace.com

Jeff Towle

Food Service Director
jeff@tylerplace.com