



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Meal Planning & Dining Hall Procedures

General Meal Procedures

The bell rings 15 minutes prior to each meal to signal waiters to the dining hall for their duties. At this time all other participants should line up outside the dining hall by their assigned table number. Numbers are hung over the porch of the dining hall to assist with line-up. As soon as waiters have the dining hall prepared, a Camp Bernie staff member will invite tables to enter the dining hall by number.

Participants should sit at their assigned tables and a Dining Hall orientation will be given. Meals at YMCA Camp Bernie are served family-style with food being brought to the table for participants to serve themselves in a relaxed environment and enhance the social experience of camp. We ask that only the waiters leave tables during the meal to minimize traffic and congestion in the Dining Hall. The waiters will be called into the kitchen to receive the tray of food for their tables and return the empty trays once the food has been placed in the center of the table. Participants will be called by table number after all the tables have received their hot food tray to go to the breakfast/salad bar, soup station or cereal dispensers. *Our food service staff provides enough of the hot entrée for one serving per participant with a bottomless soup and salad bar to supplement the meal and help enforce healthy eating and a balanced diet.*

At the end of the meal a Camp Bernie staff member guides participants through the clean-up process. This process includes clearing dishes and wiping down tables. When the tables are cleared, announcements are made, the *Weather Station* report is read, and the *Food Waste* is measured. At the end of the meal a staff member dismisses participants from the dining hall by table number. Waiters remain behind to stack chairs and sweep.

Table Supervision

It is the responsibility of each group to provide proper supervision at all tables. Adult supervision at each table helps encourage table manners and promote discussion about the participants' experience at camp. Chaperones also help facilitate the clean up and food waste processes. Chaperones should remind students to stay seated unless performing assigned waiter duties.

Multiple Group Meal Time

When multiple large groups attend camp separate meal times may be assigned to each group. Groups departing on changeover days are often scheduled for an early lunch at 11:30 a.m. We will notify groups of alternate mealtimes in advance.

Menu Selection

Our Food Service Director selects the specific menu rotation for each group. Vegetarian meals will be provided when specified at your request. We also work with groups to satisfy dietary restriction due to allergies or religious beliefs. A **sample** daily menu is as follows:

Breakfast

Pancakes
Eggs
Bacon
Cereal/Oatmeal
Breakfast Bar
Juice/Milk

Lunch

Chicken Tenders
Tater Tots
Salad Bar
PB&J (optional)
Juice/Water
Fruit

Dinner

Ziti with Meatballs
Garlic Bread
Vegetables
Salad Bar
Juice/Water
Cake

Snack

Brownies
Juice/Water
or
Ice Cream Social
(additional cost item)

Table Groups

Tables seat 10 people. This arrangement makes for easier movement throughout the dining hall. We require that table assignments consist of at least one chaperone and nine students. A worksheet for planning Dining hall and table assignments is included in this packet. The Table Assignments Worksheet must be submitted to the Program Coordinator *at least one week prior* to your trip.

Waiter Responsibilities

A bell rings 15 minutes before each meal indicating that waiters (one per table) should report to the dining hall. Trip coordinators should pre-schedule waiter duty so each table has a waiter for every meal. Students should be informed prior to the trip when they are scheduled for waiter duty. Waiter duties include setting the chairs and tables before the meal, bringing the hot food trays to the table, refilling pitchers during the meal, clearing the dishes, wiping down the table, sweeping under the table and stacking the chairs at the end of the meal. Waiters also act as food waste monitors for their table.

Optional Dining Hall Offerings

- **Nature Reading**

Readings serve as something to think about, as a subject for discussion, or as a topic for students' journal writing. Readings come from a variety of sources including African and Native American cultures, prominent past and present leaders, and works of literature. Nature readings serve as a non-denominational substitute for grace before a meal to be more sensitive to the diversity of our participants. If you choose to participate in this, please assign one student per meal to do the reading.

- **Weather Station**

Before each meal a group of students, assisted by a YMCA Camp Bernie staff member, use meteorological devices to predict the upcoming weather. Their forecast is read at the end of meal to help students prepare for the day ahead. The waiter worksheet accompanying this packet provides space for Weather Station assignments.

- **Food Waste**

This program increases students' awareness of food consumption and waste and promotes individual environmental accountability. A YMCA Camp Bernie staff member explains the importance of controlling the amount of waste we produce and the significance of limiting our food waste. At the end of each meal the students separate food waste into compost, liquids, and waste. The waste is measured and charted at each meal to track progress. The overall objective is for the group to decrease the amount of waste produced at each subsequent meal.

Dining Hall Floor Plan

