

BASIC MEAL PLAN & ALLERGY INFO



**Note for alumni: Our meal plan and some meal processes have changed! If you have been on a trip before, meals will feel different in summer 2026.*

Our goal is to provide meal options that are easy to prepare and filling. Each meal has multiple components to offer choices based on dietary needs and preferences. If you're ever hungry on site, let the Community Host(s) know!

Basic Meal Plan

BREAKFAST

Each breakfast includes a variety of options such as yogurt, bagels, cereal, oatmeal, and toast. Additionally, there is a hot option at each breakfast – bacon, sausage, breakfast sandwiches, etc. Coffee is available each day for adults.

LUNCH

Everyone packs their lunch during breakfast. Each day's lunch options include sandwich options (lunch meat, veggies, cheese, peanut butter and jelly) and a variety of side options (crackers, granola bars, applesauce, and others). Everyone should pack as much as they'll eat.

DINNER

Each dinner includes a main item, one or two sides, a salad bar, and a simple dessert. Dinner options include BBQ pulled pork sandwiches, pizza, a taco bar, chicken and mashed potatoes, and others.

SNACKS

Each crew takes with them a simple pre-packaged snack to eat at the end of / after the service day. Each evening a simple, pre-packaged snack is available. These snacks are often dairy-free and / or gluten-free (veggie straws, Slim Jims, chips and salsa, string cheese and pretzels, etc.).

Your Role in the Kitchen

Preparing and cleaning up meals has always been an opportunity on a pre-packaged trip for groups to serve one another. This continues to be true. A group is assigned to prepare each day's breakfast and lunch. Community Hosts set up the kitchen the night before, ensuring all necessary food items are present and ready to be prepped. Assigned church groups put everything together in the morning for both breakfast and lunch using provided instructions and task lists.

Community Hosts will prepare each dinner, sometimes in partnership with community members.

Because many hands make light work, everyone on the trip will be asked to assist in the cleanup of every meal. Community Hosts will equip Adult Leaders to lead this cleanup time using provided cleaning supplies and task lists.

Dietary Concerns & Food Allergies

Due to the nature of large group meal preparation, we cannot guarantee a participant will not be exposed to any certain food. Nor can we promise to have exactly the right food to meet every special dietary need.

For those participants who are gluten-free, YouthWorks provides GF bread and GF cereal. We also provide a non-dairy milk option. Other limited allergy-friendly (dairy-free, nut-free, gluten-free) options are available for those who need them. At every meal we have more than enough food for everyone but cannot commit to having a one-to-one substitute for every food item and every dietary need.

We recommend that participants with severe allergies or special dietary needs bring supplemental food for the week as well as any medication(s) or EpiPen that may be needed.