

Gluten-Free, Dairy-Free Summer Camp for Kids

A popular summer camp in the Kansas City area called Wildwood is trialing a new week-long camp catering to special diets. Wildwood is unique, in almost every aspect of being an outdoor education center and a residential camp setting. For one week the camp's kitchen will be dedicated dairy-free, gluten-free, and peanut-free, and the menu will focus on a plant based diet, emphasizing fruits, vegetables, beans, and gluten-free grains. Though it is currently a girls only camp, if successful, they plan to open the special diet camp to boys. The following letter details the concept and how to contact the camp ...

From JoAnn: "A fabulous opportunity is presenting itself for the first time in the Midwest. A wonderful established residential camp is offering a special session this summer that will serve food that is gluten-free, peanut-free and dairy-free. I will be working with them to develop the menu and working to make it as whole-foods and kid-friendly as the budget will allow.

The camp, Wildwood, is located just south of Kansas City. Last year one of my children attended this camp and had a great time. We were pleased with the quality of staff and the facilities, but the food was typical camp food. This year, they are working with us to trial a session where the kitchen will be dedicated gluten-free, dairy-free, peanut-free, egg-free. The food will be entirely plant-based and emphasizing fruits, vegetables, beans, corn, rice, and other gluten-free grains. If this session is popular, it may be expanded next year to include boys.

So pass this on to everyone you know who may be looking for a wonderful residential camp experience for their girls and would appreciate this higher quality food."

Visit the camp's website for more information or please contact the Director of the camp, Robin for further questions or concerns."

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