



At Tamakwa we know how important food can be, not just for kids and staff but for parents as well. Kids need tons of energy to run around 10+ hours a day and we make finding good, healthy food that kids love our top priority!

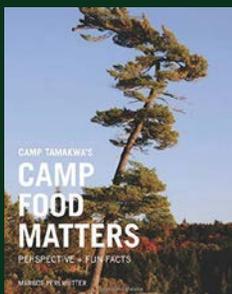
Camp Director, Margot Perlmutter, is so passionate about making this a camp priority she even wrote a book about it titled CAMP FOOD MATTERS!

At Tamakwa we have spent a lot of time revamping our menu by examining every meal and snack and working hard to significantly decrease processed foods, excessive sugar and highly modified food ingredients. Our VERY popular salad bar is offered at both lunch and dinner and we have added fruit smoothies and a breakfast yogurt bar several days a week.

All meals are served family style with everyone eating together for 3 meals a day. As well, every day at 3:25pm the entire camp gets together for our famous TOOTSIE FROOTSIE, a mid-afternoon snack of fresh fruit!

So what else do people love about the food at Tamakwa? The food outside of Tamakwa! Canoe trip food isn't what it used to be - no longer are freeze dried peas and cold bagels the staple, now meals like chocolate soufflé, steak and vegetable stir fry and hot quinoa are just some of the meals our campers look forward to on trip.

While we work tirelessly to cater to a variety of palates ranging from 7-70 years old, we also take great pride in ensuring all special dietary and allergy needs are met. Tamakwa is a peanut/nut free camp but we also deal with allergies and medical needs far beyond the norm. We service campers with gluten intolerances, lactose intolerances, diabetes, anaphylactic allergies to dairy, wheat, sesame and eggs, just to name a few.



“As parents, adults, Camp Directors, let’s continue to provide an unparalleled environment for kids to enjoy the outdoors, breathe fresh air, talk face to face with their peers (yes, that might include an argument from time to time but hey, they will resolve that conflict face to face and not phone to phone), let them escape technology for two months, let them use a real, old fashion paper map to find their campsite and not GPS and yes, let’s give them a dining hall full of great tasting, kid friendly, mom approved, healthy food that has options, that has nutritional value, that has a range of colors, that is homemade, that is great quality, that fuels them for an active day and yes, that keeps their insides healthy and HAPPY!”

- Margot Perlmutter. Camp Food Matters.
Available on Amazon. Canada [here](#). USA [here](#).