UCROSS

FOOD FAQS

A vital part of the Ucross experience is our acclaimed food program. During your residency, we aim to keep you happily well-fed with delicious, healthy, and diverse meals. We source local, pasture-raised beef, pork, and lamb. During the growing months we maintain a veggie garden and source as much produce as we can from local farms throughout the year. We take the responsibility of feeding you seriously, so that you can dedicate that time and energy to your artistic practice.

BREAKFAST

We maintain a well-stocked breakfast pantry for you to prepare breakfast for yourself. This is located in the School House dining area, which you have access to 24/7. You are also welcome to use the School House kitchen to prepare breakfast before 10 a.m. on weekdays and 24/7 on weekends.

Breakfast Items We Provide:

- Coffee
- Tea
- Organic whole milk
- Almond milk
- Oat milk
- Half and half
- Homemade sourdough bread
- English muffins
- Gluten free bread when needed
- Homemade yogurt
- Dairy free yogurt when needed
- Homemade granola
- Cereal
- Oatmeal
- Apples
- Oranges
- Bananas
- Berries (limited quantities)
- Bacon
- Eggs from our chickens
- Butter
- Jam
- Peanut butter
- Almond butter

If you have breakfast desires that fall outside the realm of what we provide, you will have the opportunity to purchase those items upon arrival at the local Albertsons, or on the weekly Friday trip into town.

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LUNCH

Monday through Friday, lunch is delivered to your studio door between 12-12:30 p.m. Lunches are nutritionally balanced and mostly vegetarian, with occasional meat or fish for those that consume. Examples include hearty salads, grain bowls, soups, and sandwiches. Lunch includes a freshly baked cookie. Each day you are responsible for returning your lunch bag to the schoolhouse kitchen, cleaning any utensils and containers in the lunch bag and returning the cleaned items to drawers and cupboards.

DINNER

Monday through Friday, dinner is served at 6pm sharp in the School House dining area. Dinners are served family style with a wide variety of options at each meal. Expect creative, nourishing food from around the world. While dinners are not mandatory, this is an excellent opportunity to connect with your fellow residents. After the meal, residents collectively put away leftovers and clean up after themselves (the process for which will be thoroughly covered on your first night here).

WEEKENDS

Weekend meals are on your own. However, our chef cooks enough during the week so that there are plenty of leftovers to get you through the weekend. You are also able to cook for yourselves (and each other) if that is your preference. Residents with vehicles can also head into nearby Buffalo and Sheridan for restaurants.

FOOD RESTRICTIONS

It is our job to keep you well-fed during your stay, and that means honoring personal food restrictions. Our chef receives your confirmation forms in advance and is able to plan meals around restrictions, so you do not need to worry about your lunch containing something you cannot eat or dinners not having enough options for you. In extremely rare circumstances, when a resident's diet is highly restrictive (outside the bounds of what our chef can prepare family-style while serving the needs of the other residents), you may be responsible for some of your own food preparation. However, if this is the case, our chef will contact you well in advance to discuss what

accommodations we can and cannot make. The vast majority of restrictions (vegan, vegetarian, gluten free, dairy free, specific food allergies) will not be a problem. Our chef is accustomed to planning for a variety of different needs.

That all being said, we are a tiny operation with one person responsible for all of the food you will eat while you are here, so your residency is not the right time to test drive a new diet or restriction.

COOKING FOR YOURSELF

Our aim is to provide enough food so that you never really have to cook for yourself, besides perhaps pouring some cereal into a bowl. However, we understand that many of you will find comfort and satisfaction cooking for yourselves occasionally. Our kitchen and all of the tools in it are available to you, with the exception of our chef's working hours- Monday- Friday 10am-6pm. You will also have access to basic pantry items to cook with. We ask that residents always clean up after themselves when using the kitchen.

SNACKS AND ALCOHOL

Ucross does not provide snacks, alcohol, or any drinks besides water and what is listed above in the breakfast section. Those items can be purchased upon arrival at the local Albertson's and liquor store, and every Friday during the weekly town trip.

QUESTIONS?

If you have a question about something we didn't cover, or you would like to speak in depth about any specific needs or concerns, please reach out to Chef Jackie Vitale at jvitale@ucross.org.