

ACTION

SUMMER CAMP

SNACK & LUNCH EXPLAINED



Camp days are full of movement, high energy, and fun! Whether you prefer to pack food from home or utilize our purchase options, please review the information below so we can best support your child's needs throughout the day.

We truly want to support and partner with each parent's wishes. Our staff works hard to follow purchases, food restrictions, allergy notifications, and parent instructions through our sign-in process, wristbands, and staff communication systems. While we do our very best, camp is an active environment and occasional mix-ups can happen. Clear communication from both parents and campers helps us provide the safest and most successful experience possible for every child. **Please notify staff at sign-in of any allergies, sensitivities, dietary restrictions, artificial dye restrictions, sweetener restrictions, or other special food considerations.**

We do our best to offer healthy and balanced options while respecting that every family has different nutritional preferences. **We do not sell soda, energy drinks, coffee, or excessively high-sugar snacks.**

**PLEASE – NO SHARING
SNACKS OR LUNCH
SIBLINGS INCLUDED**



HALF DAY (9:00 AM–12:00 PM): Need a snack. ←

FULL DAY (9:00 AM–3:00 PM): Need both a snack and a lunch. ←

Families have several options! *You may pack all food from home, *approve snack/drink purchases only, *approve lunch/drink purchases only, or *approve both snack and lunch purchases.

If your child will be purchasing food during camp, all arrangements must be made during sign-in. This includes parent approval, spending limits, payment arrangements, allergies, dietary restrictions, and any special instructions. **Parents may establish spending limits during sign-in.** Purchases may be paid with cash or charged to an authorized card on file. Campers with approved purchases, allergies, or other applicable authorizations will receive a wristband and must wear it throughout the day. Parents are responsible for confirming all required wristbands are being worn before leaving check-in.

Please send a refillable water bottle each day. If needed, water is available through our Fuel Bar and may be charged to the account on file. If food has not been packed or purchase arrangements have not been made, we will make every reasonable effort to contact a parent or guardian. However, we can only assist when we know there is a need. **Please encourage your child to speak with a coach, counselor, or front desk staff member if they are missing a snack, lunch, water, etc.**

SNACKS

Snack is at 9:45AM, 10:00 AM or 10:15 AM, depending on your child's age and assigned camp group. Please send your child with a snack every day or arrange approved snack purchases during sign-in.

Snack options include (But not limited to):

- Muffins, string cheese, popcorn, yogurt, applesauce, Goldfish crackers, dried fruit, fruit snacks, Cheez-Its, chips, cookies, snack bars, and other rotating options.
- Drinks- Juice Box, CapriSun, Water, Gatoraid, Snapple, Chocolate Milk, SunnyD

Most snack items are priced between \$1–\$4.

LUNCH

Lunch is either 11:45AM, 12:00 PM or 12:30 PM, depending on child's age and assigned full camp group.

Available Lunch Options

À La Carte (\$5 each)

- Pizza Slice, Bagel day with Cream Cheese or
- Hot Lunch Item (Mini Corn Dogs or similar rotating option)

Action Meal Pack (\$8)

- Choice of Pizza Slice, Bagel with Cream Cheese, OR Hot lunch item
- One Side: packaged apple slices, fruit cup, applesauce, yogurt, or a small treat
- One drink: juice box, Capri Sun, or small water

All Hot lunch purchases must be pre-arranged during sign-in.