

# Healthy Snacks & Lunchbox Challenge

Groups will be divided based off of each sites  
child:staff grouping system

(For example, a camp divides children by grade level and has 3 groups of 15 2<sup>nd</sup> graders with one staff per group)

- During the first snack of the day, counselors will ask all children to remove any fruits, vegetables, and/or water from their lunch boxes and place them in front of them.
- One counselor will tally the total number of children who brought 1 or more servings of fruits, vegetables, water among the group. For instance, if a child brings an apple, carrots, and water they will receive three points. However, if they bring an apple and a banana they would still receive only one point. To receive a point for a fruit or vegetable, it must be fresh or dried.
- Counselor (staff) points will be recorded on the same form. Counselor points for bringing a fruit, vegetable, water will be recorded the same as child points
- The counselor will record the number of points on the recorder form and will deliver this form to the camp director/leader.
- Each camp director/leader will calculate each group's percentage of fruits, vegetables, and water brought that day. This percentage will be the group's points for the day.
- The camp director/leader will record each group's daily points on a board, located by check-in/check-out.
- On Friday mornings, following snack, the weekly points for each group will be added and the group with the highest points for the week will be announced at assembly and will receive award (TBD).

Name: <b>Kimmy</b>						
# of Staff:	<b>2</b>	# of Kids:	<b>15</b>	Total	<b>17</b>	
Circle Age Group:	K	<b>1<sup>st</sup></b>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup> Teens
Circle the Day of the Week	Mon	Tues	<b>Wed</b>	Thurs		
	# Kids		# Staff			
Fruits	<b>9</b>		<b>0</b>			
Vegetables	<b>2</b>		<b>1</b>			
Water	<b>12</b>		<b>2</b>			
Total Fruit:	<b>9</b>		<b>FRUITS:</b> Fresh, sliced, dried <b>DO NOT</b> count canned fruit, fruit candy, fruit leather  <b>WATER:</b> Bottled water or in water bottle <b>DO NOT</b> count colored beverages or water with added flavors (Kool Aid)			
Total Vegetable:	<b>3</b>					
Total Water:	<b>14</b>					

