The Healthy Snack and Lunchbox Challenge

Here at Camp {Insert Camp Name} we are committed to promoting a fun and exciting environment for our campers with an increased focus on healthy living. As part of these efforts, we are excited to introduce the**Healthy Snack and Lunchbox Challenge**. With this challenge we are hoping to promote healthy lunches and snacks as part of the summer day camp experience. We know that with the right fuel, children can have a safe and energy-filled exciting day at camp!

**How it Works**

Each {huddle, group, grade} at Camp {Insert Camp Name} will compete daily to achieve the highest score for healthy foods brought that day. The {huddle, group, grade} with the highest score at the end of the week will be recognized and receive prizes (TBD) at Friday’s assembly.

**How Points are Awarded**

Points are awarded based on whether children bring fruits, vegetables, and water for their snacks/lunches. For instance, if a child brings an apple, carrots, and water they will receive three points for their {huddle, group, grade}. A maximum of 3 points per child can be awarded daily and only a single point in each of three categories. That means if a child brings 2 apples, they will only receive a single point in the fruit category.

The challenge will reset each week to provide opportunities for all age groups to benefit.

Thank you for sharing in this fun and interactive activity that supports the health of children within our community.

**Fruits and Vegetable Suggestions**

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| **Fruits** | **Vegetables** |
| *Strawberries* | *Tomatoes* |
| *Blackberries* | *Cucumbers* |
| *Blueberries* | *Sweet peppers* |
| *Cantaloupe* | *Avocados* |
| *Honeydew* | *Carrots* |
| *Watermelon* | *Broccoli* |
| *Apricots* | *Celery* |
| *Cherries* | *Squash* |
| *Peaches* | *Zucchini* |
| *Plums* |  |
| *nectarines* |  |

Buying fruits and veggies in season are fresher and often cost less. Here are some fruits and vegetables that are in season during the summer months!