



Letter to Parents for Camps and Programs¹

Dear Parent,

(Name) Recreation wants to create an environment in which children attending our summer camp programs are supported to make healthy food choices.

Meal and Snack Times at Camp

Children have small tummies and high calorie needs and therefore should be offered a meal or snack every two to three hours. Each day your child is at camp we will be stopping to eat lunch and one snack.

Here are some tips to make easy healthy lunches your kids will eat.

Tips for Healthy Meals and Snacks

Use Canada's Food Guide to Healthy Eating (see Link) to help you and your child plan and prepare balanced meals and snacks.

- A balanced meal includes:
 - Three of the four food groups
- A balanced snack includes:
 - Two to three of the four food groups

Hydration

- Children should have plenty of liquids; water is best.
- Provide a water bottle that can be refilled during camp hours and washed out at home.
- Limit juice to ½ to 1 cup per day of 100% fruit or vegetable juice.

Other Tips

- Ask your kids for their ideas—they will be more likely to eat it!
- Pack things that are easy to eat, ones that don't require peeling or special tools and are packed in easy to open packages.

Other Items

- Backpack
- Shoes
- Clothing

For more information on:
Our Camp Programs, please contact...

Canada's Food Guide to Healthy Eating – visit www.hc-sc.gc.ca or obtain additional copies from your local Health Unit.

Ideas and Tips for Lunches visit www.dietitians.ca or <http://www.phac-aspc.gc.ca/chn-rcc/index-eng.php>

These guidelines were developed by a Registered Dietitian and are supported by the Health & Recreation Alliance of Victoria.

1 Adapted from Esquimalt Recreation Centre (developed in cooperation with VIHA).

THE FOUR FOOD GROUPS ARE:

- Grain Products
- Vegetables & Fruit
- Milk Products
- Meat & Alternatives

SAFETY FIRST

Keep hot foods hot and cold foods cold by using insulated bottles and insulated lunch boxes

REMEMBER THE TEETH

Choose foods that are low in sugar or don't cling to the teeth such as cheese, nuts and vegetables. Drink plenty of water to rinse food particles out of the mouth.