

# Lunches, Snacks, & Nuts

WHAT WE EAT AT CAMP & WHAT WE DON'T

# Nut Free Zone

- Summer Adventure Camp is a **NUT FREE ZONE**.
- We ask that you do not provide lunch or snacks that contain **(or may contain)** peanuts, peanut butter, or other nuts at camp to ensure the safety of all children.
- **Please note that if your child brings a lunch or snack that contains nuts or nut products, YMCA staff will provide a nutritious alternative and the item will be returned to you at the end of the day.**
- This includes items not in the original packaging, without a nutrition label listing allergen, and homemade/baked items. If we cannot tell what ingredients were used to make a food item your child will not be able to have it at camp.

# Lunch

**This is for consistency amongst all campers and staff. We break the rule for one it opens the door for all.**

- Lunch will not be provided by the YMCA this year.
- Cannot contain: Home-baked Goods, Candy of Any Kind, Soda.
- No sharing food. Even with siblings
- ***Campers do NOT have access to facilities to reheat or refrigerate food. Campers do not have access to utensils to eat food.***

**We often eat away from the Y. Staff also do not have this option because of this.**



# Food labels

Some parents send labels each week. Others cut out the labels, put them in a bag, and keep them in the lunch box for the summer. Either option works!

- Bringing a food item that we cannot immediately tell what the ingredients are campers will need an ingredient label. **Ex. Processed boxed foods: fruit snacks, cheeze its or cheese nips**
- These labels can be sent in the lunches or emailed to the camp email, [camp@scymca.org](mailto:camp@scymca.org). Labels will last for the week and then will need to be sent again.

This is a food label but is NOT what we are looking for. This does not tell us what is in this specific food.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:
SOY FLAKES, WHOLE GRAIN OATS, PUFFED WHOLE GRAIN BLEND (WHOLE: HARD RED WHEAT, BROWN RICE, BARLEY, RYE), BROWN RICE SYRUP, DARK CHOCOLATE (CANE SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), DRIED CANE SYRUP, EXPELLER PRESSED CANOLA OIL, ACACIA GUM, NATURAL FLAVOUR, COCOA, CHOCOLATE LIQUOR, COCOA EXTRACT, SEA SALT.
<b>CONTAINS SOY, OAT, WHEAT, BARLEY AND RYE INGREDIENTS. MAY CONTAIN SESAME AND TREE NUTS.</b>

READ BOTH  
Ingredients and Contains

Ingredients  
Label is OK

Contains  
Correct for Canada, technically wrong for USA for inclusion of oat, barley and rye.

Otherwise, OK - soy, wheat and may contain tree nuts

This shows us ingredients and even better lists the allergens on the bottom! This is an awesome label!

# Ex. Bad Labels

No ingredients or allergens listed.

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container 8	
Amount Per Serving	
<b>Calories 230</b>	Calories from Fat 70
	% Daily Value*
<b>Total Fat 8g</b>	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 160mg</b>	7%
<b>Total Carbohydrate 37g</b>	12%
Dietary Fiber 4g	16%
Sugars 12g	
<b>Protein 3g</b>	
Vitamin A	10%
Vitamin C	8%

Nutrition Facts	
8 servings per container Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
	% Daily Value*
<b>Total Fat 0g</b>	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 100mg</b>	7%
<b>Total Carbohydrate 37g</b>	12%
Dietary Fiber 4g	16%
Total Sugars 12g	
Includes 10g Added Sugars	20%

**GENOA CAKE**

**INGREDIENTS**

Sultana (30%) • Glacé Cherries (15%) (Cherries, Glucose Syrup, Sugar, Citric Acid, Colour (E127), Antioxidant (E220)) • Wheat Flour • Sugar • Egg • Water • Butter • Vegetable Oil and Hydrogenated Vegetable Oil • Vegetable Glycerine • Mixed Peel (1%) (Orange Peel, Lemon Peel, Glucose Syrup, Sugar, Citric Acid, Preservative (E202), Antioxidant (E220)) • Flavouring • Milk Proteins • Emulsifiers (E471, E475) • Salt • Preservative (Potassium Sorbate) • Raising Agents (E450, E500) • Stabiliser (Xanthan Gum).

**CONTAINS: EGG • GLUTEN • MILK • SOYA • SULPHITE**  
Produced in a factory which uses nut and peanut ingredients

Made in a factory with nuts.



There is no label on this package. Some fruit snacks are made in factories with nuts.

...ed flour (wheat ...  
...amin B27, folic acid), semisweet ...  
...agar, chocolate, cocoa butter, soy lecithin, ...  
...natural flavor), sugar, vegetable oil (soybean ...  
...m and palm kernel oil with tbing for freshness), ...  
...ntains two percent or less of molasses, salt, egg, ...  
...baking soda, natural and artificial flavor, whey, ...  
...whey protein concentrate.

**CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS.**

Contains traces of tree nuts

**Ingredients:** Corn flour, sugar, peanut butter (peanuts, dextrose, hydrogenated vegetable oil [cottonseed and rapeseed oil]\*\*, salt), oat flour, rice flour, coconut oil, salt, caramel color, niacinamide\*, reduced iron, zinc oxide, BHT (a preservative), thiamin mononitrate\*, pyridoxine hydrochloride\*, riboflavin\*, folic acid\*.

\*One of the B vitamins  
\*\*Adds a dietarily insignificant amount of trans fat

**CONTAINS PEANUT INGREDIENTS.**

Contains peanuts



Cannot see the label. Blurry labels are also bad!

# Ex. Good Labels



**For home cooked meals we work together! We trust that you do not use nut ingredients/oils in your food!**



**All fresh food is good, I can look at an apple and know what is in it!**



**Both labels have allergens and ingredients and aren't blurry!**

EXAMPLE 1

Nutrition Facts	
Serving Size 1/2 oz (14g)	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono and diglycerides.

**This is a good label**

EXAMPLE 2

Nutrition Facts	
Serving Size 1/2 oz (14g)	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Enriched flour (flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono and diglycerides.

Contains: Wheat, Milk, Egg, and Soy.

**Best label, has allergens**

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B<sub>1</sub>], RIBOFLAVIN [VITAMIN B<sub>2</sub>], FOLIC ACID), VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), CHEESE MADE WITH SKIM MILK (SKIM MILK, WHEY PROTEIN, CHEESE CULTURES, SALT, ENZYMES, ANNATTO EXTRACT FOR COLOR), CONTAINS TWO PERCENT OR LESS OF SALT, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, SOY LECITHIN.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B<sub>1</sub>], RIBOFLAVIN [VITAMIN B<sub>2</sub>], FOLIC ACID), SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED PALM KERNEL AND/OR COTTONSEED OIL, SOYBEAN AND PALM OIL), COCOA, CARAMEL COLOR, CONTAINS TWO PERCENT OR LESS OF COCOA PROCESSED WITH ALKALI, INVERT SUGAR, WHEY, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), CORNSTARCH, SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, OIL OF PEPPERMINT.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

# Lunch Examples

- Lunchables (Candy will not be allowed to be eaten)
- Sandwiches or wraps
- Salads, Noodles/pasta, rice, soup
- Meat, cheeses
- Whole veggies or fruit
- Fruit cups/pouches, yogurt (tube or pouch)
- Crackers, pretzels, chips, etc.

# Snacks

**Snack is only 1 serving of what ever we are offering. If you have a hungry kid, pack lots of food because we are VERY active!!**

**Campers cannot pick a different snack if they don't like it.**

- The YMCA provides morning and afternoon snacks daily. Campers have the choice not to take what we offer.
- Campers may bring an additional healthy snack with them, but they must eat it at the same time as regular snack times.
- They must follow all the same rules as lunch.
- Please Label with Snack or have in separate area as lunch.
- Not a necessary bring.

**You would be surprised by how often kids try to eat their lunch items for snack.**

