Dear Day Camp Parents:

At Camp Calvert Recreation Center 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 Lunchbox Challenge at day camp this summer. With this challenge we are hoping to promote healthy lunches 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 of our camps at Calvert will compete daily to achieve the highest score for healthy foods brought that day. Staff will also be competing with their respective camps. The camp with the highest score at the end of the week will be recognized in our weekly email newsletter. We will also be competing as a location with other Parks and Recreation day camps across the City in a summer-long challenge!

**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 camp. 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. Campers who participate in the free Summer Food Service Program will also have their lunches counted and can influence their score by drinking water with lunch.

The challenge will reset each week to provide opportunities for all age groups to benefit. Thank you for sharing in this fun activity that supports the health of children in our community.

**Fruits and Vegetable Suggestions**
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!

**FRUITS:** strawberries, blackberries, blueberries, cantaloupe, honeydew, watermelon, apricots, cherries, peaches, plums, and nectarines

**VEGETABLES:** tomatoes, cucumbers, sweet peppers, avocados, carrots, broccoli, celery, squash, and zucchini

Please let us know if you have questions!

Sincerely,

Calvert Day Camp Staff