



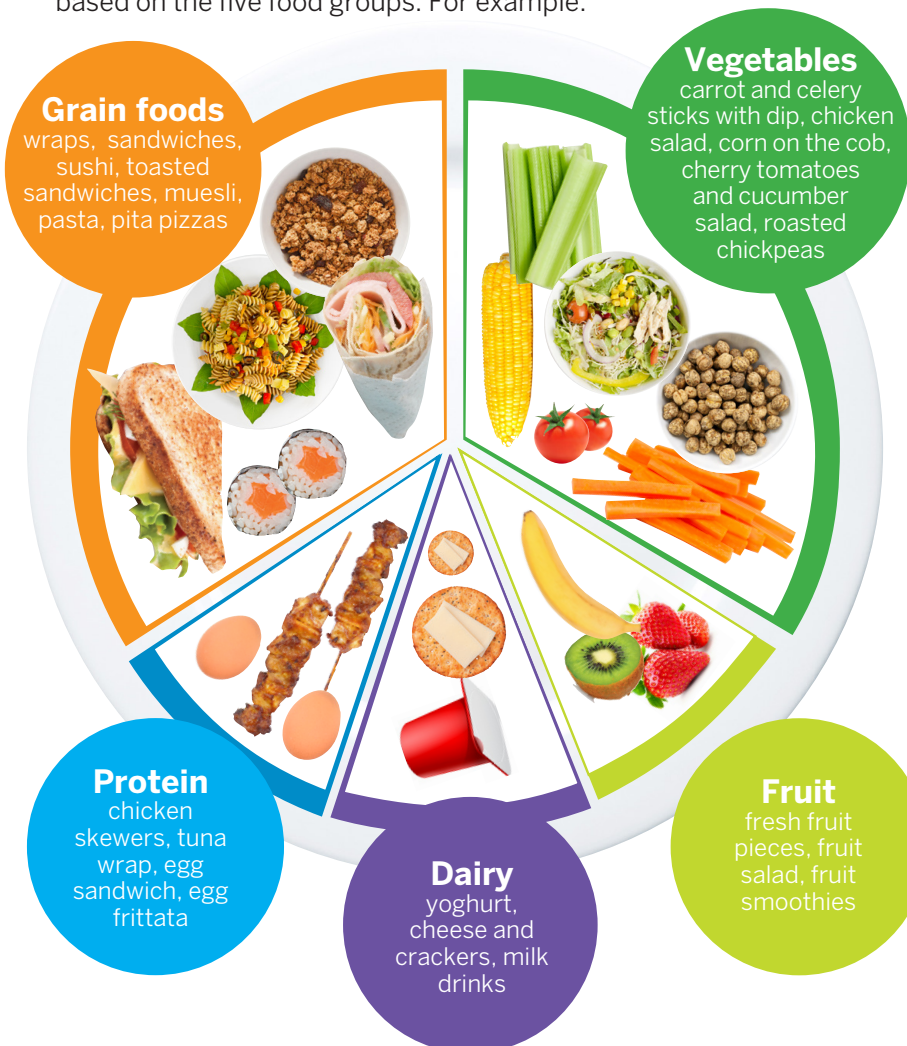
Feeding your Campers

Looking after children is a big responsibility. At a sports camp, the food that is provided should be healthy and nutritious so kids can be energetic, attentive and happy throughout the day.

At Healthy Kids Association, our philosophy is one of balance. This means, choosing a wide variety of foods from the five food groups. Portion size and being mindful when eating should play a role, too.

Use the 5 food groups!

When selling food to kids, always choose meals and snacks based on the five food groups. For example:



Supply water

Have plenty of self-service water dispensers around the place. Tell kids to bring their own bottles so they can refill them. Keep it cold with ice, if possible.

Check for allergies

Always ask parents to supply allergy information and work with the parent on how to manage the allergy.

Recovery snack

A small serve (less than 300ml) of reduced fat milk (plain or flavoured) makes a good recovery drink to hydrate and refuel.

No catering?

If you're not supplying food, provide parents with the HKA lunchbox brochure.

Use non-food rewards

Don't provide confectionery or candy as a reward. Use other incentives, such as giving points, allowing the camper to choose an activity, or stickers.

Set an example

Children admire their coaches and directors. Model healthy eating habits when they're around and talk about the benefits of healthy food choices as fuel for active bodies.