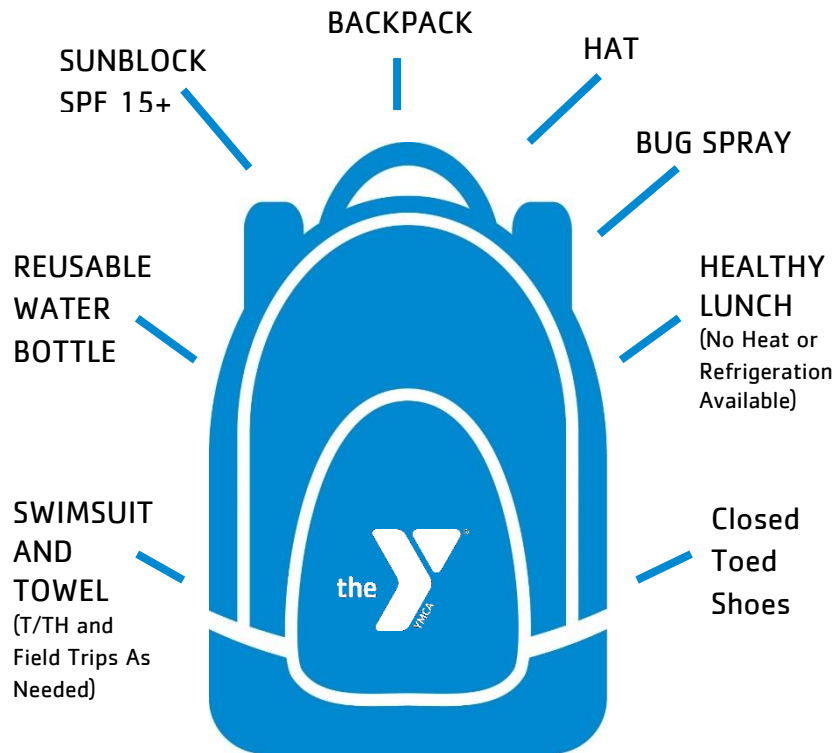


SUGGESTED SUPPLIES FOR CAMP

Please add your child's name on everything they bring to camp.

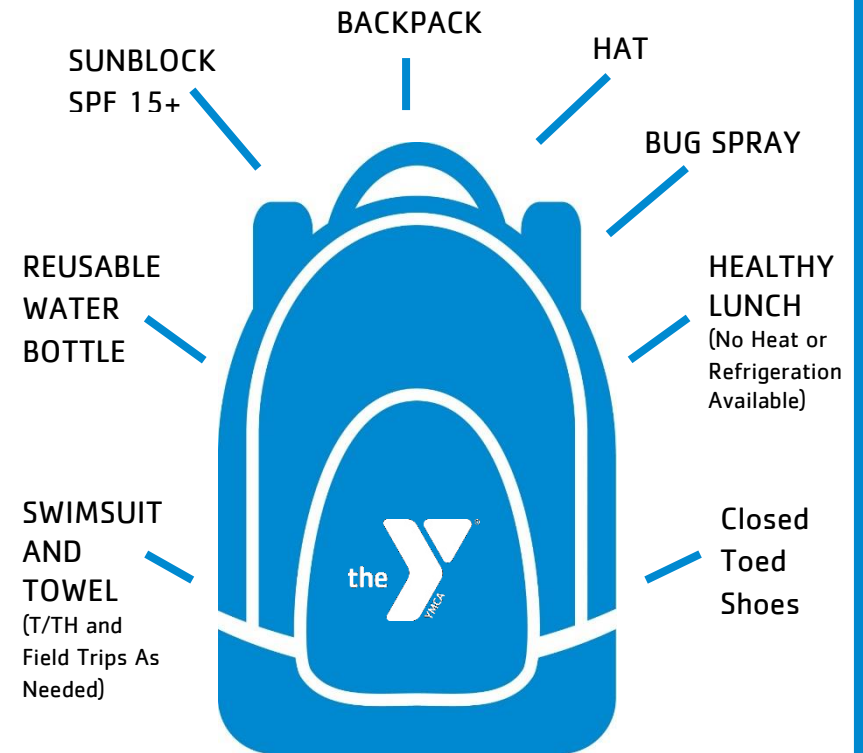


WHAT TO LEAVE AT HOME:

All Electronics, Cell Phones, Toys (stuffed animals, pokemon cards, action figures, etc.) The YMCA will not be held responsible for lost items.

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STATELINE FAMILY YMCA

BUILDING HEALTHY FOUNDATIONS



Healthy Eating and Physical Activity Camp Standards

- 1) Water is our beverage of choice. It is available at all times and is served at all meals and snacks.
- 2) Snacks will be set up so that children can serve themselves.
- 3) Every snack will include a fruit or vegetable.
- 4) We ask that parents do not pack fried foods or sugar sweetened beverages.
- 5) Weekly newsletters will be sent home with campers including upcoming events, fieldtrips, physical activities and healthy recipes to try at home.
- 6) We ensure that all campers will get a minimum of 60 minutes of physical activity every day.
- 7) Because we are committed to active and engaged learning and play, children in our care do not watch television or movies. Our program encourages children to work on relationship building and to be social. This is an obstacle when children use electronics. As such, we prohibit all screen time at camp.

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