



## FOOD POLICY

### **Parents, Campers and Staff ... Please Read Carefully!**

In recent years, food brought into camp by campers and staff has led to a number of problems which have escalated to a point of great concern. There are several issues surrounding food brought into camp.

Perhaps our greatest problem is the negative impact food can have on a cabin group. Our children are faced with all sorts of peer pressures as it is; personal food items promote jealousies, arguments, competition and group division. Ironically, these behaviours are absolutely contrary to the ideals we strive for at camp.

As well, it is no secret that the bear population in cottage country has exploded in recent years. This has been directly linked to the large amounts of food and garbage easily available to them. We all must do our best to minimize the temptation for all animals with whom we share our environment.

Our menu is nutritious and well-balanced, and our food is plentiful. In addition, a snack mid-afternoon and before bed is provided daily as well as candy treats at tuck three times a week. Extra "junk" food is simply unnecessary!

**We have given this matter great consideration.  
As a result, we have established the following policy:**

1. Cases of pop, canned goods and chewing gum are **NOT** allowed .

One shopping bag of snack food is permitted for the bus ride up to camp. After the first night's welcome parties, we will confiscate all leftover food! Please do not put your child in this potentially difficult position.

2. Any products containing **NUTS AND PEANUTS ARE NOT PERMITTED.**

3. Couriered packages containing food **will not** be given to campers.

**ONLY ONE PACKAGE of magazines, books, comic books, games, etc.  
will be allowed per camper per summer.  
(Please inform family & friends – theirs count too!)**

4. After Visitors' Day, campers will be asked to share all food and candy with their cabinmates that evening. We do not want any extra treats left in cabins for the reasons indicated above.

*Those requiring special dietary/medical considerations will, of course, be accommodated.*

**Our intention is not to implement severe measures without good reason – the well-being of our campers is, as always, our prime concern.**

**Our attempt is to ensure a positive, healthy atmosphere at Winnebago.**

We ask for your support and help in carrying out this policy.

*The Lustigs*

