

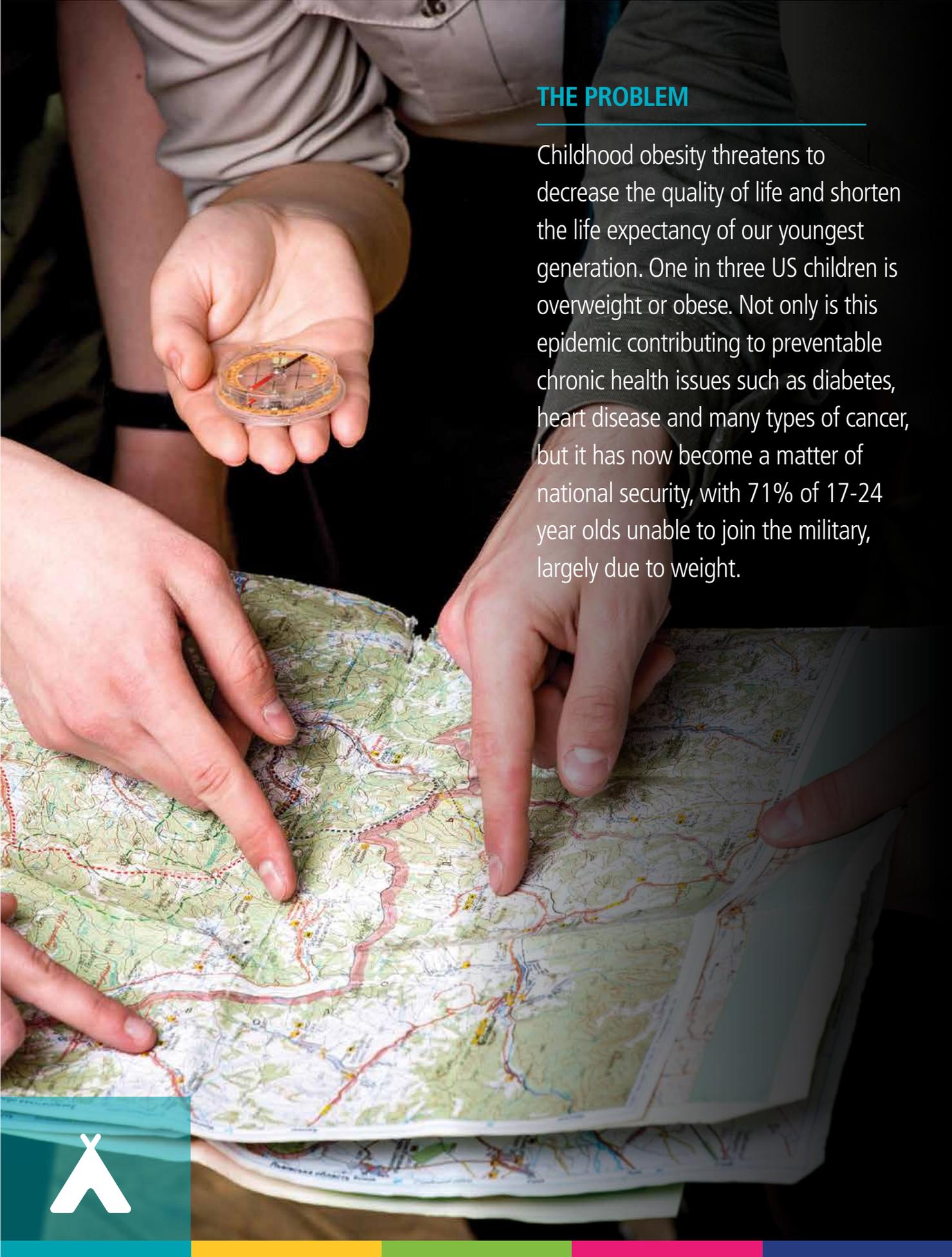
BOY SCOUTS  
2017 Summer Camp  
Healthy Initiatives



**PennState**  
PRO Wellness



BOY SCOUTS OF AMERICA®

A photograph showing a person's hands holding a small, clear compass. Below, several other hands are pointing at a topographic map spread out on a surface. The background is dark, and the overall scene suggests navigation or outdoor activity.

## THE PROBLEM

Childhood obesity threatens to decrease the quality of life and shorten the life expectancy of our youngest generation. One in three US children is overweight or obese. Not only is this epidemic contributing to preventable chronic health issues such as diabetes, heart disease and many types of cancer, but it has now become a matter of national security, with 71% of 17-24 year olds unable to join the military, largely due to weight.



# BOY SCOUTS OF AMERICA: MAKING PROGRESS AT CAMP



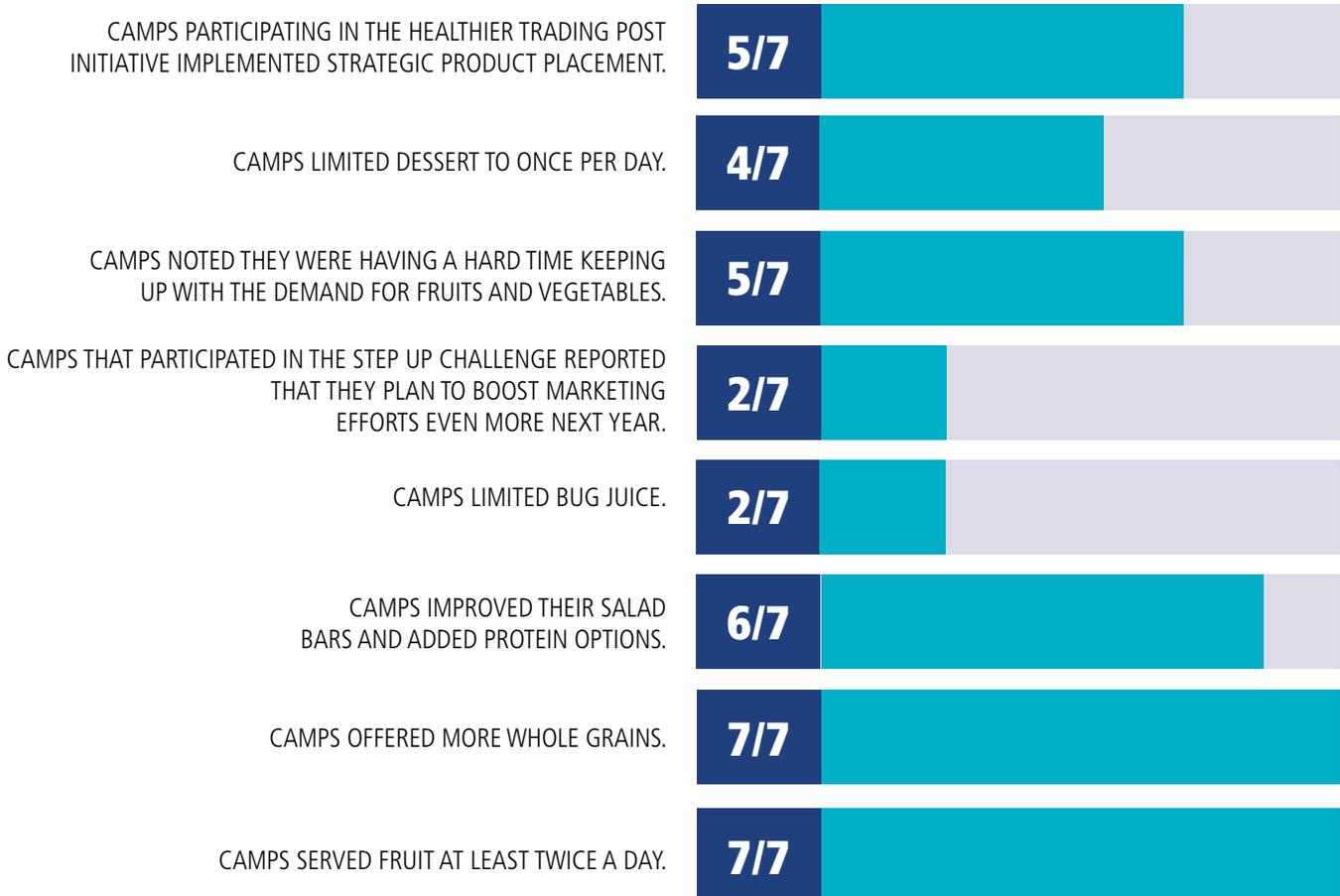
Stemming from engagement on the Boy Scouts of America's National Presidential Task Force to Address Childhood Obesity, Penn State PRO Wellness has partnered with summer camps in three states (PA, GA, AZ) to implement Summer Camp Revamped. Summer Camp Revamped includes evidence-based practices and changes to the camp environment such as healthy messaging and rearrangement of food displays encouraging Scouts and adults to make healthier choices. Troop leaders and Scouts have expressed overwhelming support for Summer Camp Revamped with favorable results realized in improved nutrition content of dining hall meals, satisfaction with food choices and increased activity.

## OUR ROLE: SUMMER OF 2017

Seven camps participated in Summer Camp Revamped. Camps chose interventions to implement including adjusted menus, healthy messaging, nutritious snacks in Trading Post, strategic product placement and price point advantages.



*\*Although this is a significant improvement, having at least 50% healthier inventory is ideal.*





## LONG-TERM BENEFITS

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Evidence regarding the benefits of eating whole grains, legumes, fruits and vegetables, comprises both the newest and oldest dietary research published. Consumption of whole plant-based foods without added ingredients has never been associated with harmful side effects towards the general public and has been proven to be excessively beneficial to prevent heart disease, diabetes, and cancer. <sup>(13-17)</sup> Instilling healthy habits early in life can help Scouts grow into healthy, productive adults that are physically strong and mentally awake.



# SUMMER CAMP REVAMPED RECOMMENDATIONS



## ADDED SUGARS

### Dietary Recommendation

The American Heart Association suggests children ages 2-18 consume less than 25 grams or six teaspoons of added sugars daily.

### What does that look like?

- One cup of camp bug juice (a sweet fruit punch of various flavors) contains 29 grams of sugar.
- One 12 oz. slushie contains 45 grams of sugar.

Decreasing added sugars can decrease dehydration rates as well as post-lunch grogginess. Sugar can act as a diuretic; causing diarrhea and dehydration in Scouts.

### Summer Camp Revamped Recommendations:

- Limit dessert and bug juice to no more than once per day.
- Ensure all canned fruit is canned in water or 100% fruit juice.
- Decrease portion size of slushies and switch to 100% fruit juice base.

## PORTIONS

Scouts are active and growing. Our recommendation is to ensure Scouts are adequately nourished. Because of the diverse nutrient needs of Scouts, it's important to make second helpings always available. We want Scouts to eat until they are satisfied, and sometimes that means they need second helpings. When Scouts are presented with healthy options, quantity consumed becomes less of a concern.

### Summer Camp Revamped Recommendations:

Staff should make second helpings well known to Scouts and ensure adequate time to receive and consume additional servings.

Offer a variety of colorful fresh fruits and vegetables. While some Scouts may not eat a whole apple, they may accept berries or orange slices in place of dessert.

Offering a variety of produce (cooked, fresh, cut, whole) is critical to a successful program, high camp ratings and high return to camp rates.

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**Decreasing added sugars can decrease dehydration rates as well as post-lunch grogginess. Sugar can act as a diuretic; causing diarrhea and dehydration in Scouts.**

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“When there’s a ratio of four sodas to one Powerade®, that’s a problem.”

TROOP LEADER



# SUMMER CAMP REVAMPED RECOMMENDATIONS



## JUICE

Scouts eat plenty of fruit when it is available and in attractive containers. Therefore, making whole fruit available (instead of juice) helps Scouts reap all of the benefits that they would miss by only consuming the juice. Concentrated or 100% fruit juice does not contain as much fiber as whole fruit. Fiber, a nutrient of concern at Boy Scout camps, is found in whole fruit more than juice. Reducing non-fruit juice options, limits added sugar consumption. When bug “juice” is offered in limited quantities or at a limited number of meals, Scouts consume less added sugar. At most camps, 100% fruit-juice slushies are available to purchase from the Trading Post. Because they are 100% fruit juice, and the fact that Scouts consume whole fruit when it is available and attractive, further eliminates the need to serve juice in the dining hall.

### Dietary Recommendation

The American Academy of Pediatrics recommends children ages 7-18 limit juice consumption to 8 oz. per day.

### What does that look like?

- 8 oz. is approximately half of the 100% fruit-juice slushie sold at most camp Trading Posts.

### Operation Revamped Camp Recommendations:

PRO Wellness recommends switching slushies to 100% fruit-juice slushies, and reducing serving sizes to 8 oz.

## WHOLE GRAINS

Whole grains play an important role in blood sugar regulation, as they are slower to be absorbed than refined grains. White or refined grains can trigger rapid spikes in blood sugar, causing fatigue, irritability, excessive thirst and dehydration—all common complaints during the summer at Boy Scout camps. Further, whole-grain breads contain more protein and energy than white bread.

### Dietary Recommendation

According to MyPlate, a minimum of 50% of grains consumed should be whole grain.

### What does that look like?

- Brown rice, whole-grain rolls, popcorn, whole-grain French toast or waffles

### Summer Camp Revamped Recommendations:

A minimum of 50% of the grains served at camp should be whole grain. Items that work well are whole-grain French toast, pancakes, waffles, rolls, pasta and bread.



"I am confident that elevating our dining hall and Trading Post nutrition plans is the right thing to do for our Scouts."

TRACY TECHAU, SCOUT EXECUTIVE, ATLANTA AREA COUNCIL



# SUMMER CAMP REVAMPED RECOMMENDATIONS



## TRANS AND SATURATED FATS

Heart disease was once primarily seen in adults. However, it is becoming alarmingly more common in children. Risk factors for clogged arteries in children are similar to those in adults: body fat around the stomach, high cholesterol and hypertension.<sup>(1)</sup> Today,  $\frac{1}{3}$  of children are overweight or obese,  $\frac{1}{5}$  children and adolescents ages 8-17 have high cholesterol, and  $\frac{1}{10}$  children have either borderline or high blood pressure.<sup>(1, 2)</sup>

Beginning in 2019, trans fats will be outlawed unless they are naturally occurring in foods, as they have become well known for their contribution to heart disease. The American Heart Association recommends limiting trans and saturated fats for heart health.<sup>(11, 12)</sup> Saturated fats tend to stick to the inside of arteries, making it more difficult for the heart to pump oxygen-filled blood to the rest of the body. Saturated fats at camp are mostly found in animal proteins such as ground beef, pork, whole fat cheese, whole fat milk, butter, desserts, sausage and bacon. On the contrary, fish, nuts and seeds all contain heart-healthy omega-3 fatty acids, which also aid in memory and brain function.

At Boy Scout camp, PRO Wellness wants to increase the omega-3 fatty acid consumption and decrease saturated fat intakes.

### Dietary Recommendation

Saturated fat should make up no more than 10% of total calories consumed.

### Operation Revamped Camp Recommendations:

PRO Wellness recommends camps limit saturated fats from ground beef, pork, full-fat cheese, whole milk, butter, desserts, sausage and bacon. Camps should instead incorporate lean proteins such as chicken, turkey, beans, peas and legumes and healthy fats from foods such as fish, olive oil salad dressings, nuts and seeds.

### What does meeting the recommendation look like?

- 2 eggs (3g)\*
- 1 piece whole-grain toast
- 1 Tbs. butter (7g)\*
- Orange slices
- Whole-grain turkey sandwich, cheddar cheese (7g)\*
- Side salad, ranch dressing (2g)\*
- Grapes
- Fat-free milk
- Chicken breast (2g)\*
- Mashed potatoes (1g)\*
- Green beans
- Applesauce
- Fat-free milk

= 9.9% total calories of a 2,000 calorie diet

\*Grams of saturated fat; 1 gram = 9 calories

**1/3**

**CHILDREN ARE OVERWEIGHT OR OBESE <sup>(1, 2)</sup>**

**1/5**

**CHILDREN AND ADOLESCENTS AGES 8-17 HAVE HIGH CHOLESTEROL <sup>(1, 2)</sup>**

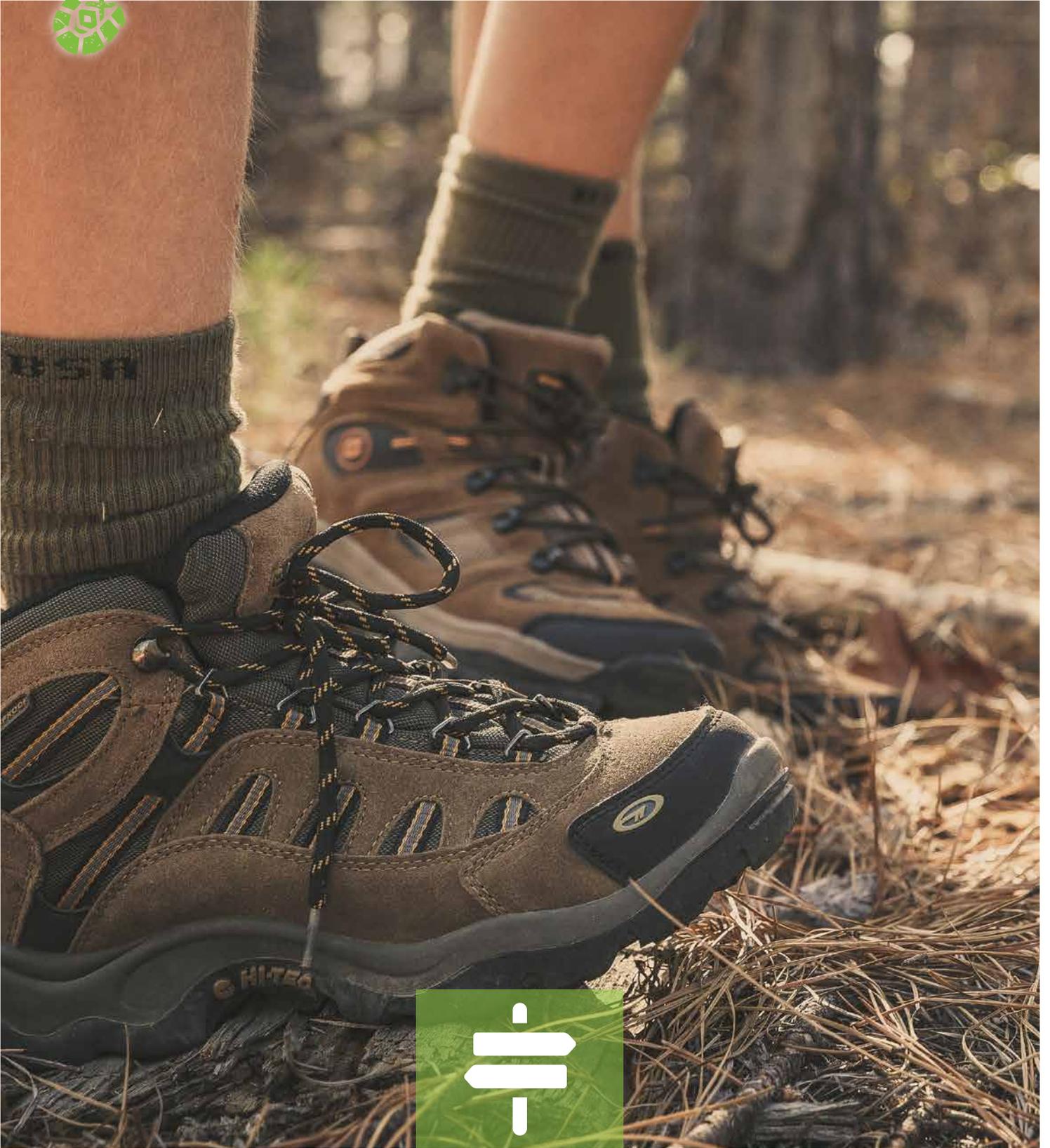
**1/10**

**CHILDREN HAVE EITHER BORDERLINE OR HIGH BLOOD PRESSURE <sup>(1, 2)</sup>**



“We sold 45 pedometers. Our promotion will be stronger in 2018 and our campers will be expecting the program.”

WOODRUFF SCOUT CAMP



# SUMMER CAMP REVAMPED MODIFICATIONS



PRO Wellness registered dietitian and staff provided guidance to camps for improving menus, Trading Post offerings and opportunities for added physical activity. The recommendations below were presented to camp staff as best practices for improving the camp environment to nudge scouts, leaders and staff to make healthier choices. Camp staff chose which improvements to make at their camps.

## MENU MODIFICATIONS

- Switch from refined to whole grains.
- Limit dessert to once per day.
- Add lean proteins to salad bar.
- Offer bug juice only once per day.
- Offer whole fruit three times per day.
- Reduce milk fat to 1%.
- Increase non-starchy vegetable offerings.
- Offer leaner protein (chicken sausage, turkey bacon).

## NEW TRADING POST OFFERINGS

The following Trading Post offerings were recommended: Apple slices, Bai® water, cut fruit, CUTIES® Clementines, GoGo squeeZ®, goodnessKNOWS® snack squares, Greek yogurt, LÄRABAR®, nuts, pita chips and hummus, smartwater®, string cheese, sunflower seeds, sparkling waters, G2 Gatorade, trail mix, whole-grain tortilla chips and guacamole, yogurt-covered raisins, 100% fruit-juice slushies, fruit smoothies, whole-grain soft pretzels, smaller portions of soda and ice cream.

## STEP UP CHALLENGE

Pedometers were sold in the Trading Post to Scouts interested in completing the Step Up Challenge. Those who participated in the Step Up Challenge received patches for accumulating steps.

## HEALTHY MARKETING

- Hang healthy posters in the dining hall.
- Rearrange the Trading Post to feature healthier products at eye level in the drink cooler.
- Advertise healthier items outside of Trading Post using sidewalk chalk.
- Allow the salad bar to be accessed before the hot food line.

## OTHER UNIQUE MODIFICATIONS

- Increase the price of candy to create a price-point advantage for healthier items.
- Offer free fruit in the Trading Post to limit waste from the dining hall.



### 2017 SUMMER CAMP ATTENDANCE

**16,559**

**CUB AND BOY SCOUTS**

**5,786**

**TROOP LEADERS/STAFF**

“I love the days we have fresh fruit, even if it’s a fruit salad for lunch. It’s hot out, and fruit is refreshing. Most kids eat fresh fruit when it’s cut up.”

**CAMP BASHORE STAFF**



## BASHORE SUMMER CAMP REVAMPED



In 2016, Camp Bashore first worked with PRO Wellness to carefully monitor outcomes through a tiered four-week intervention, to make gradual changes to dining hall menus and Trading Post options. Positive results included increased satisfaction scores, decreased plate waste, improved physical activity and maintained food costs, which gained the attention of camp leadership in other councils and led to the expansion of Summer Camp Revamped. In 2017, Camp Bashore continued interventions.

In the forest of Pennsylvania, just down the street from the Appalachian Trail sits 400-acre Camp Bashore. Scouts rush to the sound of music erupting from the dining hall before they wait to be dismissed to the serving line. After they receive hot entrées, Scouts fill the rest of their trays with heaping mounds of vegetables and plant-based proteins from the salad bar along with whole pieces of fresh fruit. After seconds are called, Scouts begin to place their trays in the open dish window before singing camp songs and being dismissed.

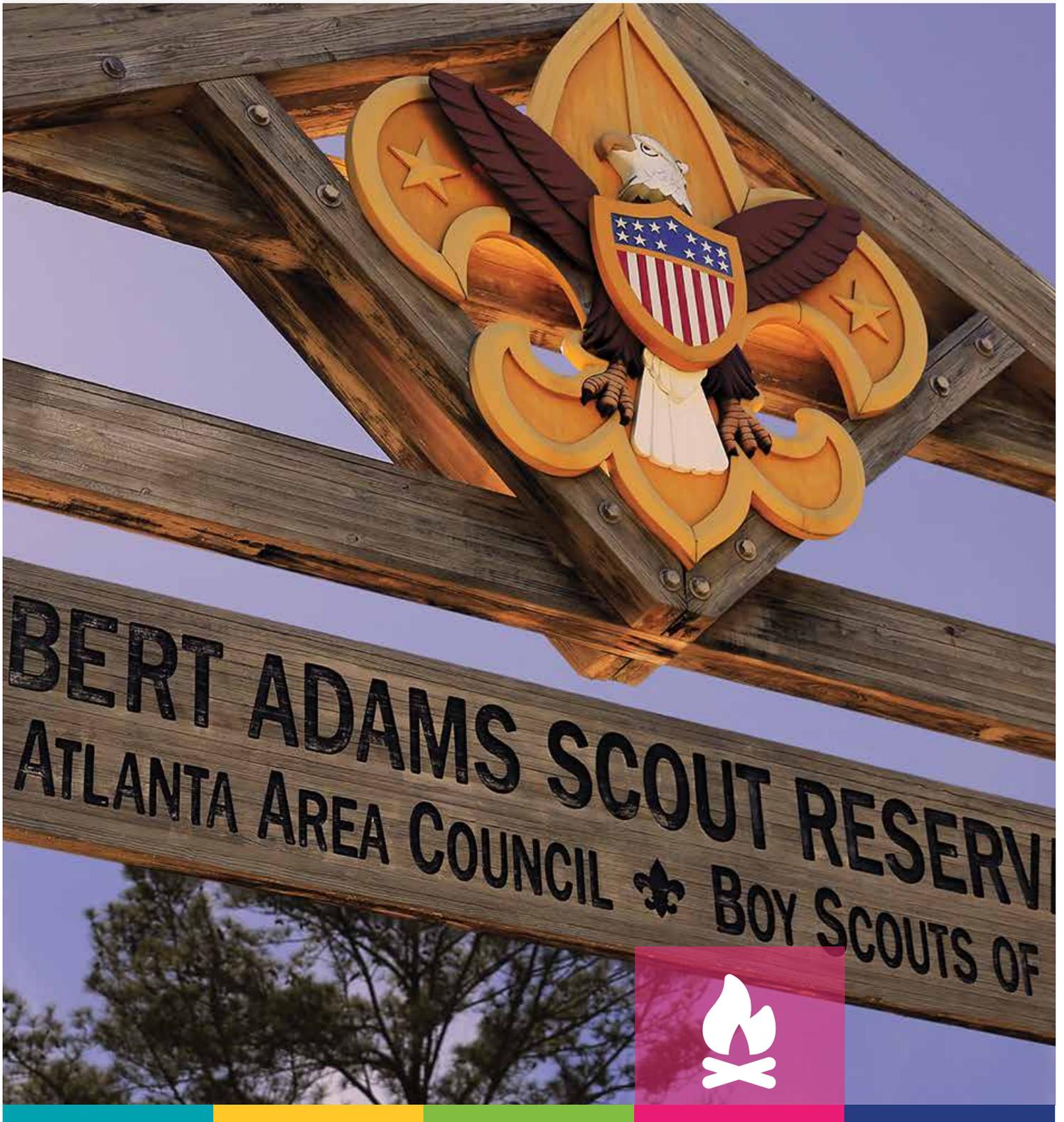
Just down the steep hill outside of the dining hall, Scouts try different flavors of 100% fruit-juice slushies in the Trading Post. Almost half of the drink cooler consists of low or no sugar beverages, placed front and center to catch thirsty-eyes before they see the soda in the corners of the cooler. Above the candy shelves, at eye level to the Scouts, nuts and trail mix hang beside bags of popcorn and baked chips.

In addition to the positive feedback that PRO Wellness has received, food costs were maintained from the previous year and Trading Post sales per person increased from 2016 to 2017.

<b>Total Summer Boy Scout Attendance:</b>	1,476
<b>Total Cub Scout Attendance:</b>	N/A
<b>Total Adult Attendance:</b>	364
<b>Contracted Food Service Company:</b>	YES
<b>Menu Modifications:</b>	Eliminated dessert at lunch, incorporated whole grains, more cut fruit and more non-starchy vegetables
<b>New Trading Post Offerings:</b>	Vitaminwater® (three flavors), sparkling lemonade, sparkling DASANI®, (grape, strawberry, raspberry), Clif Bars® (chocolate peanut butter and white macadamia nut), SunChips®, whole-grain nachos, small peanut servings, pretzels, KIND® Bars, Kashi® Bars, Nature Valley Crunch, 100% fruit-juice slushies
<b>Step Up Challenge:</b>	N/A
<b>Healthy Marketing:</b>	Hung posters in dining hall, rearranged cooler in Trading Post, made DASANI®, Aquafina® and Propel, all more affordable than soda
<b>Other Unique Modifications:</b>	Added pop music to the dining hall for a fun and engaging atmosphere

“We're happy to be a part of this initiative and pleased to know our involvement is making an impact. Let's continue marching forward and paving new ground for others to follow as we serve our Scouts.”

**JASON BALDRIDGE, DIRECTOR OF SAFE SCOUTING AND SUPPORT, ATLANTA AREA COUNCIL**



# BERT ADAMS SUMMER CAMP REVAMPED



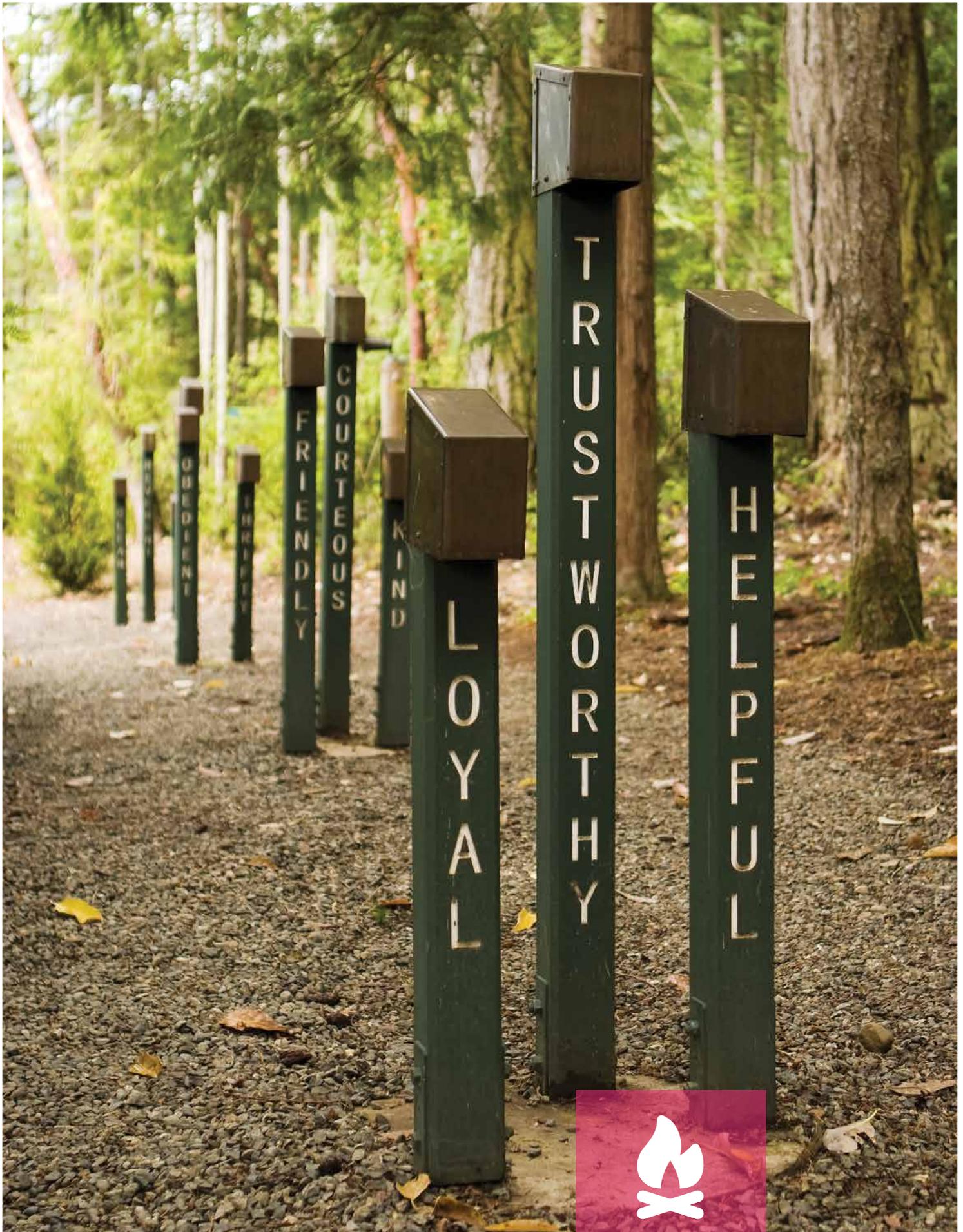
Just outside of Atlanta, through quaint towns along the flat plains of Georgia, sits Bert Adams Scout Camp. Committed to providing a unique scouting experience, staff allow Scouts to ride their bikes across trails leading to the dining hall and badge sessions. To complement the unique family environment set up by camp staff, Bert Adams provides a summer program that carefully addresses fundamentals of healthy youth development. Through Summer Camp Revamped, Scouts can choose from an array of healthier selections at the Trading Post and dining hall and can compete in the Step Up Challenge using pedometers sold on site.

When Scouts enter the Trading Post, they see Mr. Robert Woodruff's hunting table stacked with cookbooks and camping supplies. Off to the side is the snack bar window where Scouts can see plenty of good-for-you foods such as guacamole, Bai® water, Greek yogurt, hummus, string cheese, apple juice and low-sugar beverages. These healthier snacks are priced lower than the candy, soda and slushies that are still available but out of sight for

Scouts that are waiting in line at the window. Because of the increased physical exertion at camp and extreme heat, hydration becomes a real issue of concern. While waiting in line, Scouts talk about the new flavors of Bai® water and how many steps they've acquired.

Before dinner, laughter breaks out as camp staff sing impromptu songs about what foods will be served for the next meal. Shortly after, a long line forms around the outside of the dining hall as Scouts wait to be served a pre-plated tray of whole grains, lean proteins and vegetables. Scouts walk by coolers of 1% milk and large bowls of fruit before finding their seat. Many leaders and Scouts walk a few steps further to the salad bar located at the other side of the dining hall. Being cautious of dehydration, bug juice and dessert are only offered at dinner, and in limited quantities. After dinner, staff praise the salad bar but voice concerns about portion sizes and sodium content. Some staff ask for more fish, others ask for fresh ingredients. They all agree adequate portions are important for growing Scouts.

<b>Total Summer Boy Scout Attendance:</b>	1,263
<b>Total Cub Scout Attendance:</b>	510
<b>Total Adult Attendance:</b>	1,009
<b>Contracted Food Service Company:</b>	NO
<b>Menu Modifications:</b>	Added non-starchy vegetables, allowed Scouts to go to salad bar before hot line, limited dessert to once per day, switched to whole grains and eliminated many white grains, added plant-based proteins to salad bar, limited bug juice availability to dinner only, offered fruit three times per day.
<b>New Trading Post Offerings:</b>	Nuts, sunflower seeds, cut fruit, pita and hummus, whole-grain tortilla chips and guacamole, Bai® drinks, Greek yogurt, LÄRABAR, smartwater®, apples, string cheese, CUTIES® Clementines, yogurt coated raisins, blueberry snack squares, cranberry snack squares, applesauce squeezers, trail mix
<b>Step Up Challenge:</b>	Pedometers, badge worksheet and patch sold in Trading Post
<b>Healthy Marketing:</b>	Rearranged Trading Post to feature healthier products in drink cooler, Scouts visited salad bar before getting in hot food line, healthy posters in dining hall and chalk art advertised healthier items outside Trading Post
<b>Other Unique Modifications:</b>	Decreased slushie size from 16 oz., to 12 oz., increased candy cost to make price-point advantage for healthier items.



## GERONIMO AND RAYMOND SUMMER CAMP REVAMPED



Down the dry, dusty dirt roads of Arizona, a few hours north of Phoenix, hidden behind cacti, sits rustic Camp Raymond. This camp accentuates what it is really like to be a mountain man in the middle of a desert. With all outdoor infrastructure, Scouts go from tent to tent to earn badges to learn more about scouting. While the Trading Post looks the same as last year, the dining hall menu accepted all of the recommendations from PRO Wellness, largely featuring fruits, vegetables and whole grains. Leaders report a newly enhanced salad bar with added lettuce options, including spinach, protein and carbohydrate choices. An additional salad bar displays cut fruit, cottage cheese and a variety of condiments. Scouts scarf down protein and whole grains with an abundance of fruits and vegetables before moving on to the shooting range or their next badge session. While many camps report increased workload to provide cut fruit, Camp Raymond's staff noted the exchange of time saved by not preparing dessert for each meal.

In surveys given at the end of the week, 74% of troop leaders report Scouts throwing little to no food away at mealtimes, and 85% of troop leaders report neutral to strongly agreeing that the variety of the menu met their expectations. Furthermore, staff report that despite menu changes food costs stayed consistent with last year's food costs.

	GERONIMO	RAYMOND
<b>Total Summer Boy Scout Attendance:</b>	2,782	2,281
<b>Total Cub Scout Attendance:</b>	N/A	N/A
<b>Total Adult Attendance:</b>	777	714
<b>Contracted Food Service Company:</b>	YES	YES
<b>Menu Modifications:</b>	Incorporated whole grains, limited dessert to once per day, added more vegetables and fresh cut fruit daily, added protein and grains to salad bar	Incorporated whole grains, limited dessert to once per day, added more vegetables and fresh cut fruit daily, added protein and grains to salad bar
<b>New Trading Post Offerings:</b>	N/A	N/A
<b>Step Up Challenge:</b>	N/A	N/A
<b>Healthy Marketing:</b>	N/A	N/A
<b>Other Unique Modifications:</b>	Followed ALL recommended menu modifications	Followed ALL recommended menu modifications

"This year the food was even better."

POST-INTERVENTION TROOP LEADER INPUT REGARDING DINING HALL OPTIONS



# MACK SUMMER CAMP REVAMPED



Traveling through the back-roads of small-town Pennsylvania, just down the road from an old rustic ice cream parlor, sits Mack Scout Reservation. Before mealtime, the Trading Post shuts down and the entire camp heads to the dining hall. In the dining hall, a second salad bar has been added to accommodate healthy leaders and Cub Scouts. Fruit, whole-grain bread, and gluten-free bread are available at every meal for Scouts who need a little extra fuel. The longest line in the dining hall runs alongside a wall draped with posters encouraging Scouts to eat more fruits and vegetables. The dining hall manager reports serving 40 lbs. of bananas and apples and 30 lbs. of salad bar every single day.

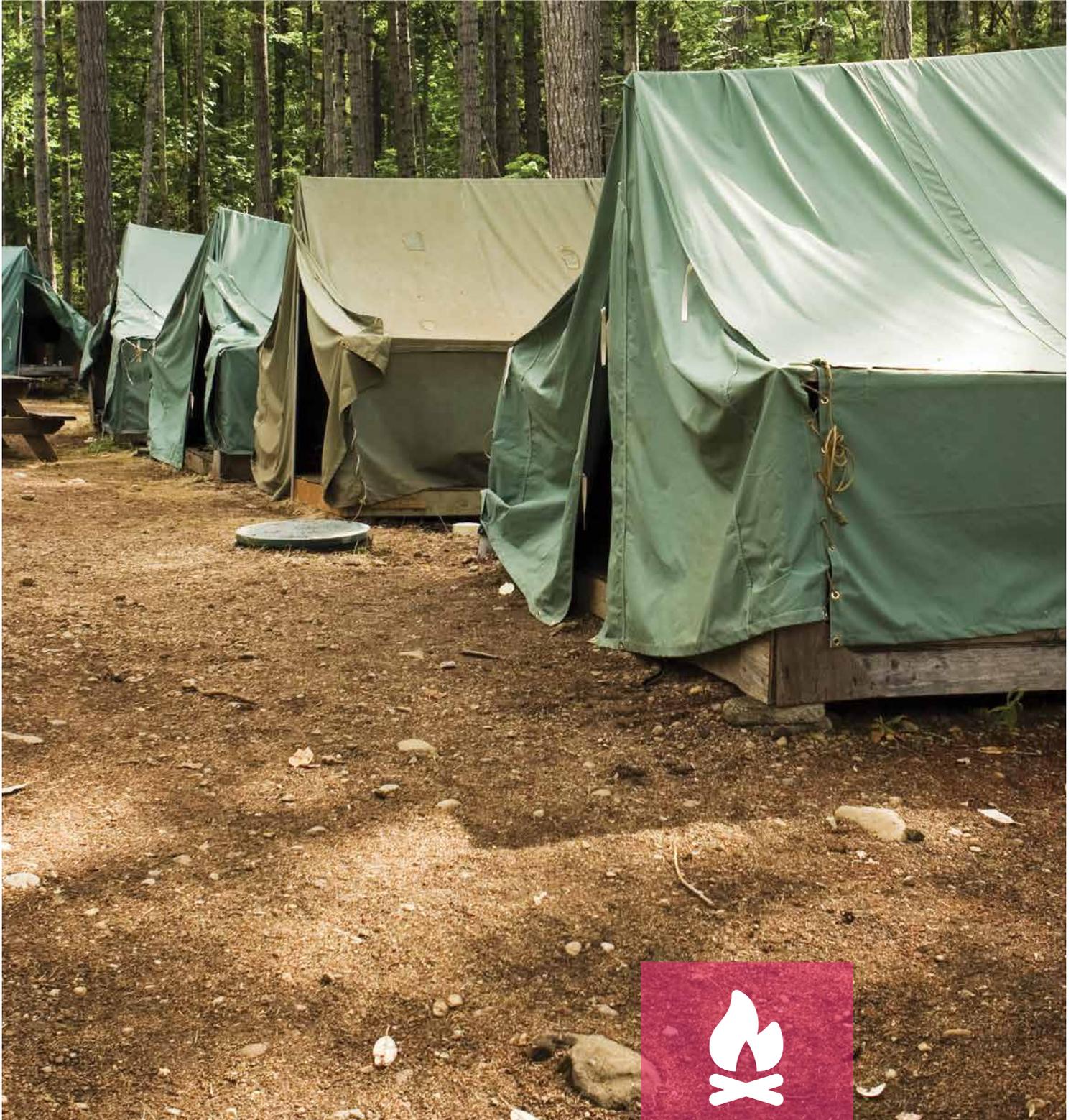
In the afternoon, when the Trading Post re-opens, Scouts gaze at the 100% fruit-juice slushies lining the left wall. Soda portions decreased from 19 oz. bottles to 12 oz. cans. As Scouts purchase items in the Trading Post, many take from the bowl on the counter labeled “free fruit.” Little do they know, this free treat helped minimize waste

as the fruit is surplus from lunch. To encourage sales of healthier items, Mack adds kid-friendly stickers to healthy beverages to nudge healthier decisions. Healthier products occupy nearly 50% of all Trading Post inventory. Before the oldest Cub Scouts get on the bus to visit the neighboring Boy Scout camp, Camp Bashore, they sit down with PRO Wellness staff to share what they think about the food at camp. “I never eat chicken patties at home, but I really like them,” one Scout shouts. Another says he normally eats chicken or salmon with vegetables for dinner. All Scouts really enjoy the cut fruit offered at lunchtime and agree more fruits and vegetables could help make camp meals healthier. Lastly, the Scouts are asked if the stickers on water and other low-sugar beverages tempted them to buy these items in the Trading Post. In unison, they shout, “YES!” Scouts show no indication of being aware of the fact that dessert had been eliminated from lunch. Additionally, Scout Executive, Matt Adams, reports no increase in food costs.

<b>Total Summer Boy Scout Attendance:</b>	N/A
<b>Total Cub Scout Attendance:</b>	534
<b>Total Adult Attendance:</b>	412
<b>Contracted Food Service Company:</b>	YES
<b>Menu Modifications:</b>	Added an extra salad bar with ham and eggs, offered whole-grain peanut butter and jelly sandwiches and fruit at every meal. Increased non-starchy vegetable offerings, and added oatmeal to breakfast.
<b>New Trading Post Offerings:</b>	smartwater®, Vitaminwater®, string cheese, nuts, baked chips, Smartfood® Popcorn, sunflower seeds, chocolate and yogurt coated raisins, nutri-grain bars, trail mix, peanut butter crackers, 100% fruit-juice slushies, frozen GoGurt®, decreased portions of soda
<b>Step Up Challenge:</b>	N/A
<b>Healthy Marketing:</b>	Hung posters in dining hall, rearranged cooler in Trading Post
<b>Other Unique Modifications:</b>	Added stickers to healthier items in Trading Post, gave free fruit (leftover from dining hall) in Trading Post, decreased soda portions

“This year we’ve noticed a big difference with the cafeteria staff and the food. In my mind, food has been a lot better this year and this is better than most.”

**POST-INTERVENTION TROOP LEADER INPUT REGARDING DINING HALL OPTIONS**



# TUCKAHOE SUMMER CAMP REVAMPED



Tuckahoe sits in the country, just a few miles away from the hustle and bustle of Pennsylvania’s State Capitol roads. The dining hall is full of rectangular, family-style tables with benches on all four sides. After prayer, all Scouts are dismissed to a colorful salad bar and one Scout from each troop retrieves large bowls of food (protein, vegetables and starch) and one pitcher of water for the entire table. Large bowls of fruit sit beside the service counter for hungry Scouts. Only after the table has finished their first pitcher of water are they able to grab a pitcher of bug juice. When seconds are called, a Scout from each table rushes to the serving window to obtain more food for their troop. After lunch, troop leaders grab the papers and pencils in the center of their tables to write feedback concerning the meal served.

In the Trading Post, dried fruit, nuts, seeds, popcorn and baked chips line the snack bar, beside the candies that were originally featured. 100% fruit-juice slushies are featured at the service window alongside fruit smoothies and milkshakes. In the drink cooler at eye level are waters, low-sugar sports drinks, coconut water and unsweetened iced tea.

After lunch, troop leaders from at least three generations stand in a circle outside the dining hall, giving anonymous feedback to PRO Wellness about the camp food. Leaders applaud steps taken towards health. “Having the salad bar is a good thing and it’s decent.” One troop leader asks for larger quantities of vegetables served in the dining hall; another talks about the struggle to limit Scouts’ consumption of sugar sweetened beverages between lunch and dinner. As troop leaders plea for limited Trading Post hours and a variety of fruit, they are all united on one topic: Scouts need to be fueled in a healthy manner. They also sanction that leaders, over Scouts, decide which camps to return to and therefore, camps should listen when leaders say they want a larger variety of fruits and vegetables and they want desserts to be limited. “This year we’ve noticed a big difference with the cafeteria staff and the food. In my mind, food has been a lot better this year and this is better than most.”

<b>Total Summer Boy Scout Attendance:</b>	2,737
<b>Total Cub Scout Attendance:</b>	N/A
<b>Total Adult Attendance:</b>	1,300
<b>Contracted Food Service Company:</b>	NO
<b>Menu Modifications:</b>	Added spinach and mushrooms to salad bar, incorporated more fresh vegetables and occasional cut fruit, switched to baked chips in the dining hall, whole fruit was always available, served 1% milk and fat-free chocolate milk
<b>New Trading Post Offerings:</b>	100% fruit-juice slushies, baked chips (multiple flavors), pretzels, peanuts, cashews, dried fruit, sunflower seeds, Smartfood® Popcorn, G2 Gatorade, coconut water, Pure Leaf® Teas, SoBe® drinks, decreased ice cream portions
<b>Step Up Challenge:</b>	N/A
<b>Healthy Marketing:</b>	Hung posters in dining hall, rearranged Trading Post cooler to feature healthier drinks at eye level
<b>Other Unique Modifications:</b>	Smaller ice cream portions were more affordable than large ice creams, offered bug juice only after the table consumed one pitcher of water

“My kids in particular, their parents are trying to get them to eat healthy so they’re kind of used to eating healthy at home and they come here and that’s why all the salad’s gone.”

**TROOP LEADER INPUT REGARDING DINING HALL OPTIONS**



# WOODRUFF SUMMER CAMP REVAMPED



Many miles north of the Atlanta hustle, just below the South Carolina border, sits Woodruff Scout Camp. Just after passing under the carved Woodruff sign, on the left sits three picturesque tee-pees on a tiny piece of grass in the middle of a lake. The lake is surrounded by camp on the entry side and a tiny white and red church on the opposite side. After breakfast, Scouts will swim, boat and fish in this same body of water that surrounds Teepee Island. Meanwhile, in the dining hall, staff rush around to keep the salad bar stocked as Scouts flood the serving lines. After obtaining trays of food, Scouts rush towards the bananas that are sitting in large Cambros in the center of the dining hall. This year, the quantity of bananas served increased from 10 to 80 lbs. per week. Whole-grain peanut butter and jelly sandwiches are always available for hungry Scouts who may not have had time to consume enough nutrients during mealtimes.

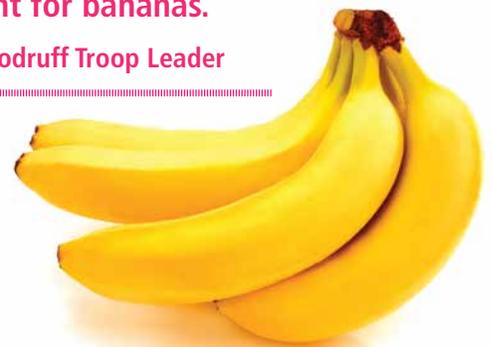
After breakfast, the Trading Post opens and Scouts approach the Disney-like log-cabin to purchase goodies for the day. On the counter at the walk-up snack bar sit Clif Bars®, popcorn, sunflower seeds and other wholesome snacks. Woodruff increased healthier

Trading Post options from 12% in June to 38% by mid-summer. Between badge sessions, more Scouts stop by the Trading Post to pick up popular items such as dried fruit and protein bars, which are strategically placed right beside the cash register. Additionally, most of the healthier snacks are more affordable than unhealthy alternatives, nudging Scouts to make good choices.

In a post-lunch focus group, troop leaders echo how much Scouts enjoy the salad bar and suggest adding more condiments to help Scouts be more receptive to other menu offerings. Additionally, Woodruff experienced decreased food costs compared to last year.

**“Bananas. They all fought for bananas.”**

**- Camp Woodruff Troop Leader**



<b>Total Summer Boy Scout Attendance:</b>	4,976
<b>Total Cub Scout Attendance:</b>	N/A
<b>Total Adult Attendance:</b>	1,210
<b>Contracted Food Service Company:</b>	NO
<b>Menu Modifications:</b>	Switched to fruit canned in juice instead of syrup, offered whole-grain bread for peanut butter and jelly sandwiches, offered fat-free milk, switched to whole-grain breads, fruit offered twice per day, limited bug juice availability
<b>New Trading Post Offerings:</b>	Cheese and veggie packs, dried fruit, Clif Bars®, Honey Stingers, trail mix, sunflower seeds, milk
<b>Step Up Challenge:</b>	Pedometers and badge worksheets sold in Trading Post, badge distributed at the end of week
<b>Healthy Marketing:</b>	Healthy posters framed and hung in dining hall
<b>Other Unique Modifications:</b>	Put in a hydroponics system and garden, considering a cutting/prep station in dining hall for fresh fruit to be cut on demand, healthy items strategically priced lower than unhealthy offerings in Trading Post



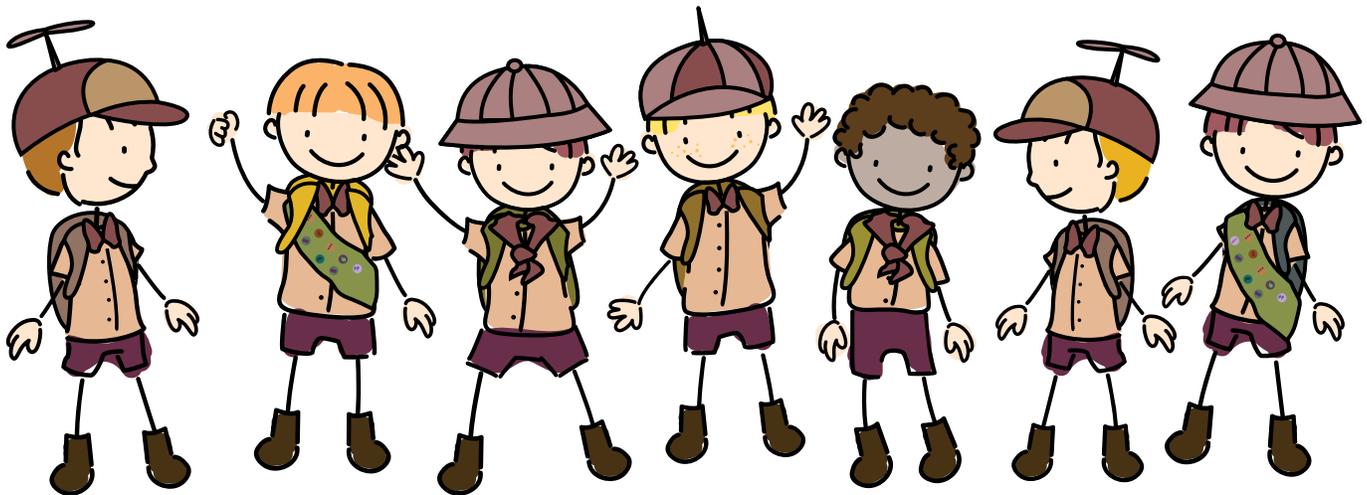
## OPPORTUNITIES FOR FUTURE WORK



Although the partnership between Penn State PRO Wellness and Boy Scouts of America has been successful, there are still strides to take to move camps towards a culture of health. Nutrient analysis reveals that participating camps are well on their way to meeting daily recommendations, but there is still work to be done. Additionally, parents are asking for desserts, sugar-sweetened beverages and unhealthy snack options to be limited. Leaders are concerned that Scouts may not be getting enough nutrient-dense foods and are looking for higher quality rather than a larger quantity of food options. Troop leaders and staff want to see more cut fruit and fully stocked salad bars. Prior work shows that Scouts can and will consume a daily recommendation of fruit when it is present and attractive. Additionally, attractive hydration stations, hidden and limited bug juice portions and centralized salad bars present further opportunities to nudge Scouts toward healthier choices.



Staff turnover and buy-in, lack of nutritional knowledge and food procurement all present unique challenges for camps and partnerships. National Boy Scouts of America standards for nutrition could guide camp staff into making improvements and should address cultural changes needed to meet the demands of parents and leaders.



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**2.4 million** youth are enrolled with Boy Scouts of America  
APPROXIMATELY

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## ACKNOWLEDGMENTS

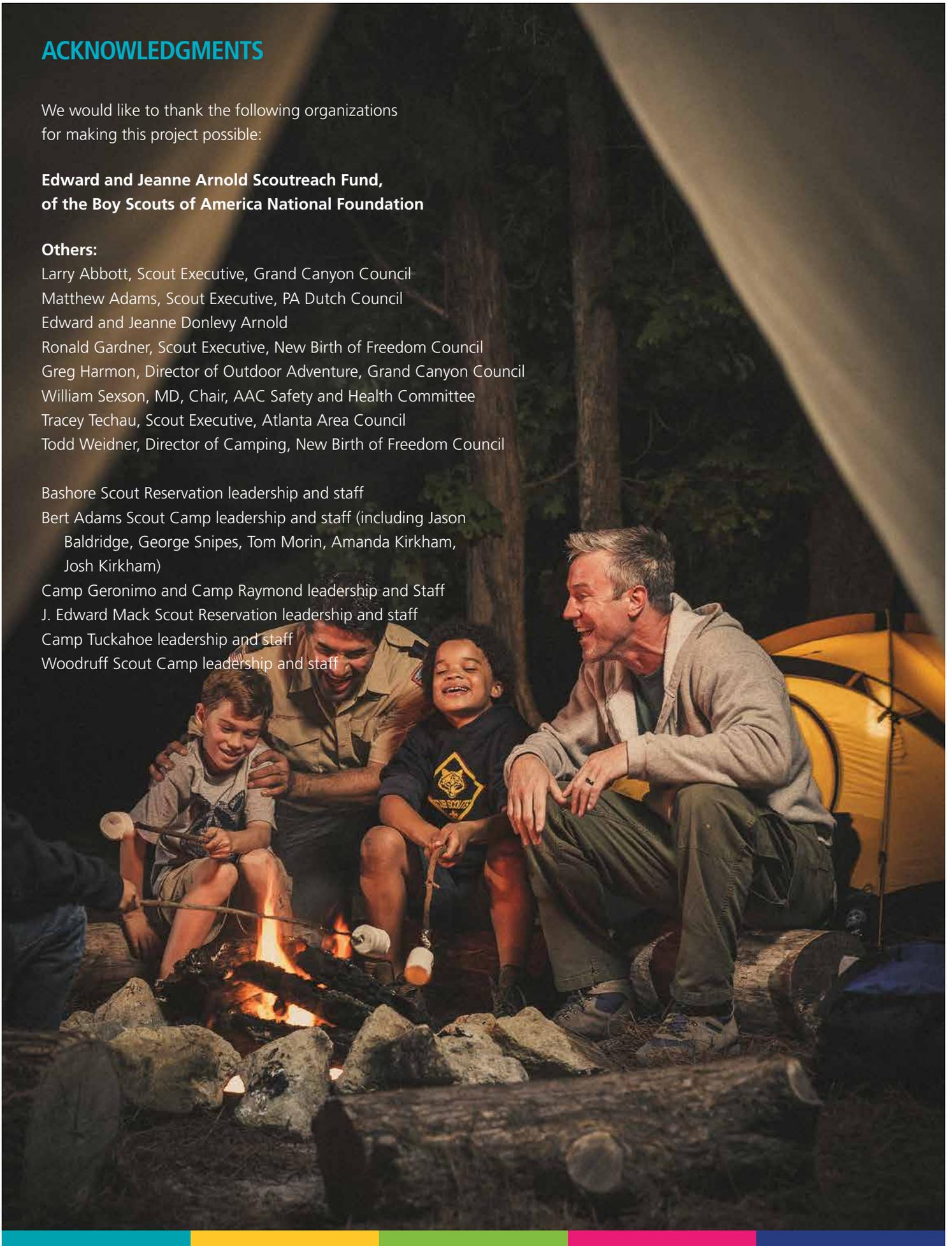
We would like to thank the following organizations for making this project possible:

### **Edward and Jeanne Arnold Scoutreach Fund, of the Boy Scouts of America National Foundation**

#### **Others:**

Larry Abbott, Scout Executive, Grand Canyon Council  
Matthew Adams, Scout Executive, PA Dutch Council  
Edward and Jeanne Donlevy Arnold  
Ronald Gardner, Scout Executive, New Birth of Freedom Council  
Greg Harmon, Director of Outdoor Adventure, Grand Canyon Council  
William Sexson, MD, Chair, AAC Safety and Health Committee  
Tracey Techau, Scout Executive, Atlanta Area Council  
Todd Weidner, Director of Camping, New Birth of Freedom Council

Bashore Scout Reservation leadership and staff  
Bert Adams Scout Camp leadership and staff (including Jason  
Baldrige, George Snipes, Tom Morin, Amanda Kirkham,  
Josh Kirkham)  
Camp Geronimo and Camp Raymond leadership and Staff  
J. Edward Mack Scout Reservation leadership and staff  
Camp Tuckahoe leadership and staff  
Woodruff Scout Camp leadership and staff



## ABOUT BOY SCOUTS OF AMERICA

Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. Boy Scouts of America provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and develops personal fitness.

For more than a century, the Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. Boy Scouts of America believes — and, through over a century of experience, knows — that helping youth is a key to building a more conscientious, responsible and productive society.

## ABOUT PENN STATE PRO WELLNESS

Penn State PRO Wellness is committed to educating and inspiring youth and their families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life. PRO Wellness provides healthy eating and active living strategies to approximately 1,000 schools in Pennsylvania, as well as communities and corporate business partners. Advised by over 50 corporate, government and academic officials, PRO Wellness is highly visible in the health and wellness arena and positioned as a statewide thought leader in obesity prevention. As an integral component of Penn State Health Milton S. Hershey Medical Center's community service mission, our approach of prevention, research and outreach provides schools, communities and like-minded organizations with program development and implementation, assessment and evaluation, capacity building, technical assistance, collaborative partnerships and access to proven wellness interventions. For more information, visit [med.psu.edu/PROwellness](http://med.psu.edu/PROwellness).

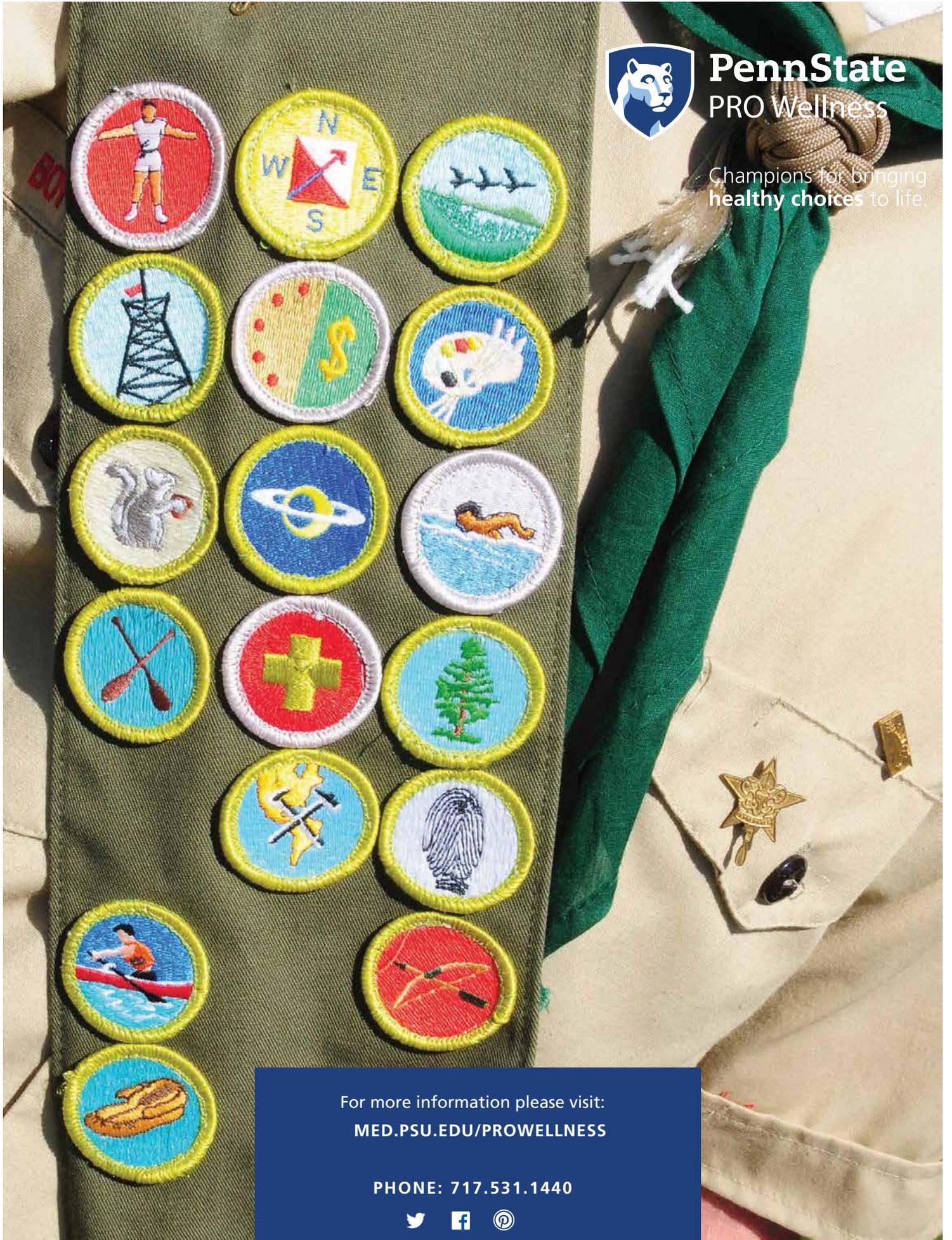
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# PennState PRO Wellness

Champions for bringing  
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