

6 STEPS TO A HEALTHY CAMP

STEP UP

Offset downtime by introducing engaging activities to encourage Scout participation and competition.

LOCATION

Ready, set, walk! Rev up Scouts' physical activity by spreading activities across camp grounds.

MEALS

Control the carbs: Offer only 1 starch and 1 lean protein per meal.

ORDER MATTERS

Let Scouts visit the salad bar first with a separate bowl so they can fill up on salad.

DITCH SODA

Hydrate with cool and refreshing options like seltzer water, vitamin water, or flavored waters.

STRATEGIC SHELVING

Keep your eye on health: Move healthier foods and non-sugar sweetened beverages to eye level in the trading post.



BOY SCOUTS OF AMERICA®



PennState
PRO Wellness

► Suggestions to Making Healthy Substitutions:

TRADING POST		DINING HALL	
STOCK THIS	NOT THAT	SERVE THIS	NOT THAT
Whole Grain Chips & Salsa	DORITOS®	Fish, Eggs, Beans, Nuts	Cheeseburgers
Natural Popcorn	Chips	Baked or Broiled Entrées	Anything Deep-Fried
Grapes & Cheese	Candy	Whole Wheat Pasta	White Pasta
Chocolate Covered Bananas	Sugar Fruit Candy	Brown Rice	White Rice
Protein Snacks <small>(peanuts, KIND bars)</small>	Candy Bars	Water	Flavored or Fruit Punch
Trail Mix	Candy	Fat Free or 1% Milk	Whole Milk
Sunflower Seeds <small>(many flavors)</small>	Candy	Plain, Greek Yogurt	Sour Cream
Sparkling Water	Soda	Fat Free or 2% Cheese	Whole-Fat Cheese
Vitamin Water	Lemonade & Sweet Tea	Cut Fruit & Whipped Cream	Dessert
Frozen Yogurt	Ice Cream	Banana Bar	Ice Cream Bar
<p>*We caution that "energy drinks" are a poor choice. They are high in caffeine and sugar.</p>		Fresh Fruits & Veggies	Canned Produce
		Locally Grown Produce	Pre-Packaged Foods
		Well Stocked Salad Bar	Iceberg Salad