

Trading Post and Supplemental (non-meal) Guidelines

Understanding that a little indulgence is part of the “camp experience,” we will continue to offer treats such as soda and candy. However, we will use higher pricing as a disincentive to overconsumption. Additionally, we will use lower pricing and positive marketing as an incentive to making healthful choices.

Snacks will make a positive contribution to camper’s and staff’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

All foods served or sold outside of regular Camp meals, such as through the Ship’s Store, vending machines, or during activities, will meet the following nutrition and portion size standards:

Beverages

Encouraged: Water or seltzer water without added caloric sweeteners; unsweetened teas; fruit and vegetable juices that contain 100% juice and that do not contain additional caloric sweeteners; unflavored 1% or fat-free fluid milk and nutritionally-equivalent nondairy beverages.

Discouraged: Soft drinks containing caloric sweeteners; sports drinks; sweetened teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine.

Foods

A food item sold or provided individually will be encouraged if it meets the following criteria, and discouraged if it does not meet these criteria:

- Does not have more than 35% of its calories from fat (excluding nuts, seeds, and nut butters); and 10% of its calories from saturated and trans fat combined;
- Does not contain partially-hydrogenated or hydrogenated oils;
- Does not have more than 35% of its weight from added sugars; and
- Contains no more than 230 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; nuts and seeds; 100% fruit or vegetable juice.

Portion Sizes

Limit portion sizes of foods and beverages sold or provided individually to those listed below:

- One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- Two ounces for cookies;
- Three ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt; and
- Twelve ounces for beverages, excluding water.

Rewards

Camp will not use foods or beverages that do not meet the nutrition standards for foods and beverages to be encouraged (above), as rewards for performance or good behavior, and will not withhold food or beverages as a punishment.

“Get Togethers” and Celebrations

Camp should limit “Get Togethers” that involve food (other than meals) to no more than one per week. Each Get Together should include no more than one food or beverage that does not meet nutrition standards for foods and beverages to be encouraged (above).