

Summer Camp Time: Brown Bag Lunch

It's summer camp time...and that means outdoor activities in the hot sun. Children who are in sports camps and regular camps will get dehydrated and burn off tons of calories during these activities. But you can reduce the dehydration and restore the calories by packing a lunch filled with high water and high caloric content foods that will help keep your child hydrated and restore energy. To keep the food items cold and safe from spoilage, use an insulated lunch bag with an ice pack, or freeze water bottles or 100% fruit juice boxes and use it as an ice pack.

Here are some suggestions on what to pack for their lunch to keep your child hydrated and energized:

- Drink 4 – 8 ounces of cold water before, during and after camp
- Drink chocolate milk for the protein (muscle repair) and the carbohydrates (replenishes glycogen and stores it in the muscles)
- Fruits: grapes, oranges, banana, apples, watermelon, grapefruits, sweet cherry and grape tomatoes, strawberries, blueberries, blackberries, raspberries, and star fruit (not for children with kidney problems because of high levels of oxalic acid)
- Vegetables: alfalfa sprouts; carrots, cucumbers; green, yellow, or red peppers; iceberg, butterhead, green leaf and romaine lettuce; celery; radishes; cauliflower; broccoli and spinach
- Tuna fish and chicken in pouches; unpeeled egg for protein source (you really need that ice pack or frozen beverage in the bag if you are adding the unpeeled egg!)
- Yogurt mix with berries; yogurt is safe for several hours at room temperature because of the living bacteria culture in the yogurt.
- Hummus and raw vegetables mentioned above.
- Mozzarella cheese strings with cherry or grape tomatoes; peanut butter and celery sticks to boost calories
- Make a salad from the above fruits and vegetables in a container and add an oil-based dressing. Again, suggest adding an ice pack or frozen beverages to prevent spoilage.
- To replenish the loss of electrolytes and nutrients through sweat and activities, pack your child's lunch bag with a banana, peach, orange, or a box of raisins.