



## City of Cape Coral

### Summer Camp Fitness and Nutrition Policy 2014

The City of Cape Coral is taking a step to growing healthy kids through nutrition, wellness and activity in our summer camp programs. Our daily schedules will include at least 60 minutes of fitness activity and staff will encourage physical fitness in all children, emphasizing the importance of healthy habits.

All summer camps will offer only healthy snack options for the campers. "Junk food" will be limited and only permitted for special occasions or camp projects. The only beverages served during the summer camp program will be water, juice or sports drinks, and milk. **NO SODAS ARE ALLOWED IN CAMP.** Our staff is committed to a positive attitude regarding healthy foods and encourages the importance of healthy eating habits.

#### Our Commitment:

1. Provide at least 60 minutes of physical activity a day
2. Staff will display a positive attitude towards physical activity and healthy eating habits at camp
3. We will only serve water, sports drinks, milk or juice at camp
4. We will serve nutritional options for lunch for your child each day
5. Growing healthy children

#### Your Commitment:

1. Support your child in being physically active outside
2. Remain positive towards physical activity and healthy eating habits outside of camp
3. Do not pack soda in your child's lunch
4. Please pack a healthy snack for your child with lunch each day
5. Growing healthy children