
LET'S EAT!

WANT TO LEARN HOW TO BETTER ORGANIZE MEAL TIMES AT CAMP THIS SUMMER? WE CHALLENGE YOU TO USE YOUR CREATIVITY TO MAKE THESE MOMENTS MEMORABLE AND FUN FOR YOU AND YOUR CAMPERS.

SUMMER 2020



HOW DOES THIS SHEET WORK ?

We've developed tricks and tips that will make it easier to adapt the cooking workshops you offer at camp this summer.

THERE ARE FIVE THEMES TO DISCOVER



ORGANIZE YOUR ENVIRONMENT



A BREATH OF FRESH AIR



IN INDIVIDUAL MODE



WASH-O-THON



POWER UP TRICKS



ORGANIZE YOUR ENVIRONMENT

Make sure that visual markers are clear so that campers know where to place themselves.

Plan the space where meals and snacks are shared with your campers.

If you plan to use tables, make sure each camper has his or her own place and keeps a good distance from the other campers.

Use colourful means to ensure that campers stay in their respective spaces, such as coloured placemats or coloured adhesive tape. Given that each camper will have his or her own designated space for all meals, invite the campers to personalize their respective spaces.

Meal time is all about gathering together. Have the campers sit in a circle to facilitate visual contact and conversation. It's much more dynamic!

Decorate the space with your campers. Adorn a tree with garlands, plant coloured flags in the ground. This will foster a sense of belonging while also serving to mark off your space.



Waste management: Provide contact-free garbage cans / compost bins.

Create a fun one-way path to the garbage cans. This will prevent the campers from crossing paths while being much more dynamic. Consider marking the ground with coloured tape or using arrows to indicate the direction to follow.

A BREATH OF FRESH AIR

Prioritize outdoor meal times, whenever possible.

If you have access to a lawn, use it as a picnic space with your campers.

Make it original and comfortable, using yoga mats, beach towels or tablecloths, while ensuring that physical distancing guidelines are respected. If you share materials (ex. yoga mat), don't forget to disinfect them before and after each use.



Choose a place free of distractions to make it easier for campers to limit meal times to the recommended 20 minutes.

Please see the poster entitled **Meals at camp: GOOD EATS** to review the key messages regarding meal times.

Seek out a shady corner, not only for meal times, but also for storing your campers' lunch boxes during the day.

And remember, lunch boxes should not be piled one on top of the other, but should be kept a safe distance apart.

Psssst! Use this opportunity to emphasize the importance of keeping an ice pack in the lunch box. Don't have an ice pack? Suggest that your campers freeze a reusable water bottle: they'll have cold water all day and a fresh lunch to go along with it.

NO ICE PACK?

Suggest that your campers freeze a reusable water bottle: they'll have cold water all day and a fresh lunch to go along with it.





IN INDIVIDUAL MODE

Avoid physical contact without forgetting to foster a congenial atmosphere at meal times.

Campers should not share food items at camp this summer.

Share jokes, laughter and stories instead!

WASH-O-THON

Make hand - and equipment - washing fun and instructive.

Ask campers to wash their hands before and after each meal/snack.

Pssst! Did you know that hand sanitizers are not designed for hand-washing? Instead, opt in favour of warm water and soap.

Consider a rotating meal schedule with other groups.

This will help avoid a situation where the campers have to wait in line to wash their hands.

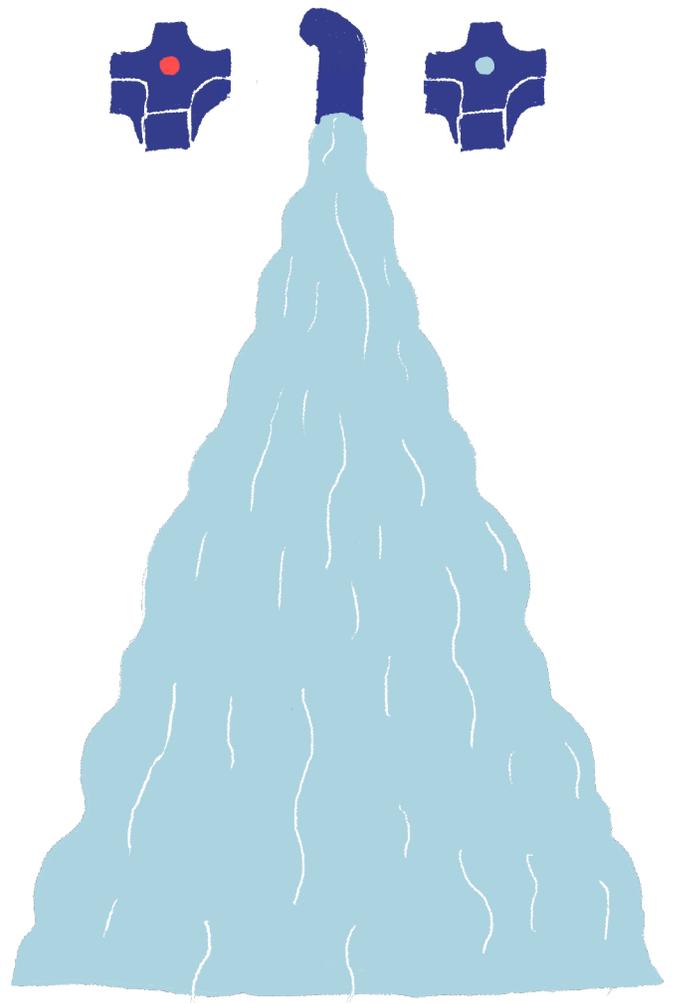
Make sure that the campers know where the hand-washing stations are.

Consider creating posters to remind campers where to go.

For inspiration and to make the posters with your campers, see the **Hand-washing is awesome** activity.

Wash surfaces before and after each meal.

Ask your coordinator to confirm what cleaning supplies are available. Bucket of water + detergent + clean cloth? Disinfectant wipes? Spray bottle and paper towels?





POWER UP TRICKS

Did you know that lunch hour is a time of the day that campers really enjoy?

It's their chance to tell you about the things that are important to them. Take the time to join them and savour your meal with them.

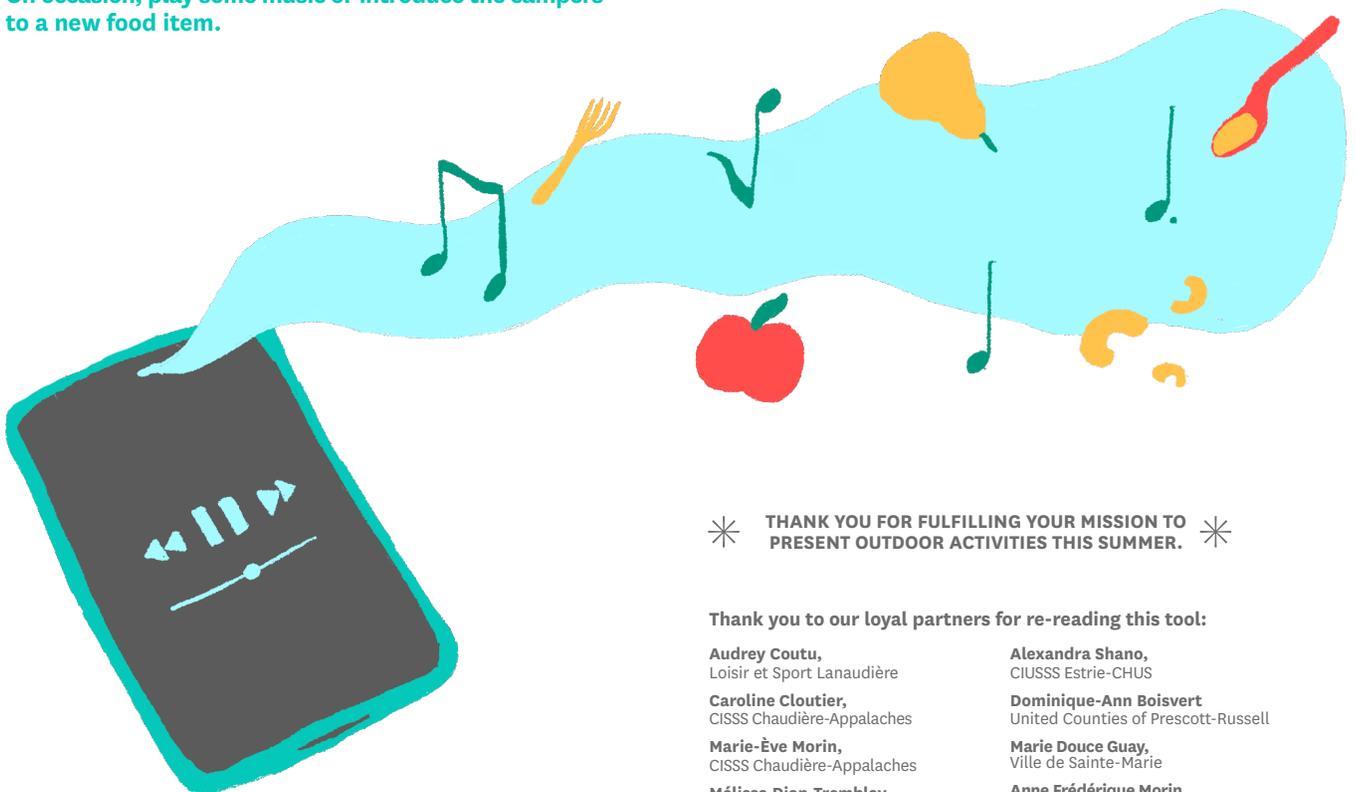
Invite your campers to discuss subjects related to healthy lifestyle habits, for example by asking them what their favourite sport of fruit is

See the tool entitled **Lunchtime Icebreaker** for inspiration.

Integrate guessing games and charades to spark interest and help the campers acquire new knowledge.

The **Energy quiz** activity is sure to help you make your lunch hour that much more dynamic.

On occasion, play some music or introduce the campers to a new food item.



Ask your campers what foods they enjoy preparing, and share your favourite recipes.

Consider sharing recipes with the campers' parents, who can then try them at home. Visit the website www.trempoinsante.ca for inspiration or to share ideas.



SET THE VIBE

Focus on atmosphere, as it's important to make meal times fun!

Without playing "lunch box detective," bear in mind that by speaking positively about food, you'll exert a positive influence on your campers.

Quick reminder: You have a key role to play with the campers, but remember that you're not expected to be perfect!

What's important is that you put in place the conditions that will make meal times as enjoyable as possible and that you have fun talking with your campers.

* THANK YOU FOR FULFILLING YOUR MISSION TO PRESENT OUTDOOR ACTIVITIES THIS SUMMER. *

Thank you to our loyal partners for re-reading this tool:

Audrey Coutu,
Loisir et Sport Lanaudière

Caroline Cloutier,
CISSS Chaudière-Appalaches

Marie-Ève Morin,
CISSS Chaudière-Appalaches

Mélissa Dion-Tremblay,
Dairy Farmers of Canada

Lucie Laurin,
Association québécoise de la garde scolaire

Alexandra Shano,
CIUSSS Estrie-CHUS

Dominique-Ann Boisvert
United Counties of Prescott-Russell

Marie Douce Guay,
Ville de Sainte-Marie

Anne Frédérique Morin,
Association des camps du Québec

