



# LUNCH



**Main course:**  
filling & nutritious



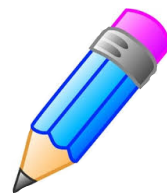
**Sides:**  
cheese, vegetables, fruit, nuts...



**Beverage:**  
milk, water, juice...



**Treats:**  
small portions



**Foods discouraged at Oxford Kids Camp:**

- **Lunchables:** why? too much packaging, highly processed & nutrient poor.
- If you like the concept of **lunchables:** buy reusable lunch containers and fill them with colorful, delicious & nutritious foods. Develop healthy habits in children to last a life time!



**PACK IT IN  
PACK IT OUT**

Campers take home all trash and leftover food