

# Checklist for Happy Campers

We're so happy that you're coming to MasterSchool! Here's how you'll be happy too:

- Clothes:** Everyone at MasterSchool likes you for who you are, not for what you wear, so you can leave fancy clothes, bows, jewelry and hair spray at home. Just wear shorts, T-shirts and sandals or tennies. Bring (or wear) a bathing suit and a towel. Put your name on EVERYTHING: towels, underwear, socks, etc.
- Lunch and Snacks, Food for Thought:** Please bring a nutritious lunch and two healthy snacks every day to MasterSchool. A previous MasterSchool class established what is "nutritious". If you bring food that is pre-packaged, no single item should have more than: 4 grams of total fat or 1.5 grams of saturated fat; 350 milligrams of salt; or 7 grams of sugar per serving. (These numbers can be found on all packaged foods.) The class also recommended that the total amounts of fat, sodium, and sugars contained in all of the food brought to MasterSchool for a single day should not exceed 15g total fat, 3g saturated fat, 600mg sodium and 20g sugar. (So, check your labels - or better yet, don't bring pre-packaged foods.) Yaaaaah! Does that mean you can only bring spinach and tofu sandwiches? No! Here are some ideas the MasterStudents thought of. (Check the labels of the items with an \* as some brands are nutritious and others are not). It's not an all inclusive list, but it'll give you some ideas!

## Main Dishes

•sandwiches (on whole wheat bread, pita, tortillas or bagel):

\*peanut butter (plain or with fruit-sweetened jelly or with raisins or with grated carrots or with bananas or...)  
\*salami      roast      corned beef      \*turkey      ham      mashed beans in pita  
\*hot dogs      tuna      venison      steak      sardines      tomato and sprout  
cheese      meat loaf      meat ball      olive      hamburger      cucumber with cream cheese  
chicken      garlic toast      avocado      taco      tofu      egg and mustard (or egg salad)

•left-overs such as: pizza, spaghetti, stew, casseroles, baked chicken (we do have a microwave you may use)

•salads such as: pasta, vegetable, cheese, meat, fruit

## Snacks - you'll need a morning and an afternoon snack (no un-popped microwave popcorn)

\*corn chips      raisins      \*dried fruit      \*granola      \*crackers      \*already popped popcorn  
\*trail mix      \*pickles      \*yogurt      \*peanuts      \*other nuts      cottage cheese  
celery      carrots      sliced fruit      boiled egg      \*pretzels      string cheese

## Desserts (check the fats, sodium & sugars in pre-packaged foods)

bananas      apples      peaches      plums      grapes      watermelon  
mango      honeydew      cherries      pears      kiwi      strawberries  
pineapple      blueberries      raspberries      cantaloupe      \*apple pie      \*fruit leather  
oranges      grapefruit      tangerines      \*cherry pie      \*applesauce      \*fruit cocktail

## Drinks (if juice, should be at least 70% juice with no added sugars)

spritzers      Sundance      100% juice      water      milk      herbal iced tea

Also to drink: In addition to the drink you bring for lunch, you will need a 2-liter water bottle of ice water to take with you to the afternoon activities (remember to put your name on it, with permanent marker, in several places)

- Lunch and Snacks, Getting it Together:** We have waste-free lunches at MasterSchool. The 1991 Green Earth Gang, a class of MasterStudents, researched ways to conserve resources and reduce waste here at MasterSchool. As a result of their findings, we feed the horses, goat, chickens, rabbits, ducks, et al such things as apple cores, left-over carrots and bread. This is what we ask you to do:
  - √ bring your food in reusable plastic containers such as Tupperware; do not bring food in plastic bags
  - √ put your food in a small insulated lunch box (this will keep your food fresh and discourage ants)
  - √ bring your drink in an unbreakable, reusable bottle; do not bring juice boxes
  - √ reuse plastic flatware and cloth napkins
  - √ remember to put your name on everything, with permanent marker, in several places - and re-label as neededIn our effort to teach children to protect the environment, in addition to using only reusable/recyclable containers (thank you!), we ask children to take home all of their "trash". That means the paper their fruit roll-up was wrapped in, the spritzer can...everything except the food that the animals will eat. (We even ask children to take home half-eaten sandwiches so you'll know what's happening to those wonderful healthy lunches you're packing!) If your children want to help their friends who do not claim the wrapper left on the table, they might even bring home "trash" that is not their own! Thank you for your support with this...makes it a little harder for all of us grown-ups but it's helping the children learn to take care of themselves, their friends, and their environment. We think it's worth the effort!
- Sun Control:** Because a little sunshine is good for us but a lot is not, we hold most of our outdoor activities in the shade. BUT you need to put sunscreen on before you leave home and bring some to MasterSchool for touch-ups. Caps are a good idea, too! (And remember, put your name on everything...heard this before?)
- Insect Repellent:** If you bring insect repellent to MasterSchool, please bring repellent in lotion, stick or oil form; sprays aren't good for our eyes or for the environment. (Last time, please remember to put your name on it!)