



Good morning, Sherman Lakers!

See below for another camp guidebook section, a caregiver resource, and a community spotlight! Don't forget that the full Camp Guidebook can be found in your account under "Forms & Documents." If this is your first "preparing for camp" email from me, you can review the previous months [HERE](#).

Camp Guidebook Highlight

Eating & Meals

Food is such an important part of life for all of us - it can make or break an experience, it fuels us and keeps us energized, and we all have such different preferences and needs! We don't want any camper to ever be hungry while they're here. Below are some important things to know about food at Camp.

- Meals at Overnight Camp are buffet style with many options. We are well versed in different diets, needs, and allergies. Make sure to fill out your health form with this info! If our kitchen staff have questions, we'll be sure to reach out.
- Depending on the severity of a campers allergies or diet needs, some families pack additional food and/or snacks for the week. Don't hesitate to [contact us](#) to discuss what is best for your child.
- Day campers can choose to bring their own lunch or buy a sack lunch through us for the week for \$30. With either option, we recommend packing lots of snacks as kids get hungry with all the outdoor activity!
- Our facility is nut free. If a camper brings a lunch or snacks with nuts, they may be asked to eat away from their group and wash up before returning, if there is an allergy.
- Camp is a great time to encourage your child to try new things AND speak up if they are struggling to find something they want to eat at a meal. We also ask campers to not comment on other's choices or eating habits.

Caregiver Resource

Since we're talking about food this month, we want to highlight our friends at the Grand Rapids YMCA who have this awesome [YouTube playlist](#) called "Cook it Up!" which has videos of easy and healthy family recipes that are Registered Dietitian approved! Many of them are great for children to do too!

Community Spotlight

Water Safety Resources

With the weather getting nicer and us living by so many bodies of water, we wanted

to give you a few different community resources to keep your child safe around the water!

- [Sherman Lake Y Aquatics](#) - We offer group lessons and private swim lesson! The Kalamazoo Y and Battle Creek Y's also offer these water safety based swim lessons.
- [Hampton Aquatics](#) - More swim lesson options, mermaids who teach water safety, and lifeguards for hire.
- [Water Safety Video](#) - A simple video with some water safety basics for swimmers and guardians, created by American Red Cross.

Thanks for reading and being a part of our Sherman Lake Y family! Make sure to like us on [Instagram](#) and [Facebook](#) to stay connected until my next email.

Best,
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*This is a mass email