

Sam's Club Order

When:

Saturday or Sunday before Camp

Calculate total snacks and drinks by:

Multiplying

All day X 10

& AM + PM X 5

Add together for the total

Example

(6 All Day x 10 = 60)

(10 am + 6 pm = 16 x 5 = 80)

(60 + 80 = 140 snacks and drinks)

Snacks to Buy:

Pretzels

Chewy's

Animal Crackers

Cheez Its

Gold fish

Fruit

Make sure some of the snacks are Kosher and nut free

Drinks to Buy:

Apple & Eve

Minute Maid

Kool Aid

Water (small bottles)

Make sure you always have a healthy option

Instructor:

Ask instructors what they like

Usually Water, Iced Tea or Gatorade

12 drinks per instructor is usually good

If they do not offer free breakfast in the hotel pick up:

Whole fruit

Muffins, bagels, coffee cakes etc for instructor breakfast

5 per instructor is usually good