



PLEASE KEEP PAGES 2-6 FOR YOUR RECORDS

Lunch & Kosher Rules

Please send a “cold bag” lunch with your child each day. Due to the volume of campers, we are unable to heat up lunches for the children. We ask that you respect the Jewish dietary laws, called Kashrut or Kosher, observed by the JEA. This requires that you send lunches that only contain kosher dairy or certified kosher parve (neither milk nor meat) items. No meat items are allowed. If you need suggestions on lunch ideas or have questions about the laws of kashrut, please ask. We are happy to help!

Shabbat Lunches

Every Friday, JEA Camp Savannah has a special themed lunch celebration in honor of Shabbat. A hot lunch is provided by camp that day. Lunches may include BBQ hamburger/hotdogs, chicken nuggets, mac-n-cheese or pizza along with sides, a drink and dessert. Campers don't have to bring a lunch that day – however they are welcome to pack their own lunch if you do not think they will like the meal or if they have certain dietary restrictions.

Lunch Ideas	Side Ideas
<ul style="list-style-type: none"> • Sandwiches on bread, bagels, pitas, mini-bagels or in a tortilla • Filling ideas: peanut butter (JIF, Peter Pan), jelly (Smuckers), honey, avocado, hummus, cheese, cream cheese, lox, tuna fish, egg salad, butter, margarine • Cheese and crackers • Pasta • Fresh salad with dressing on the side • Cheese sticks/string cheese • Yogurt • Hard-boiled eggs 	<ul style="list-style-type: none"> • Cereal • Puddings (Swiss Miss) • Granola or cereal bar (Nature's Valley) • Chips • Fruit - fresh, dried or fruit cup (Dole) • Cut-up vegetables with hummus or dressing • Fruit roll ups • Popcorn • Cookies or crackers

Medication

To insure that our staff is fully aware of your child's limitations or areas in which extra patience may be necessary, please list on the medical form, all medications, conditions and limitations regarding your child's health. We recommend that medications which enable your child to positively participate in classroom or group settings be continued throughout camp. If you are in the process of changing medications or cycles, please let us know so we can keep you informed of any change in behavior or health.

If your child needs medication at any time, it must be given to the Camp Director with a note naming the medication, what it is for and when it should be given to your child, along with a parent's signature. Prescription medication must be in its original container (no plastic bags please!) and will be dispensed only under the specific directions of a licensed physician.