

WELCOME TO

FAMILY CAMP 2023

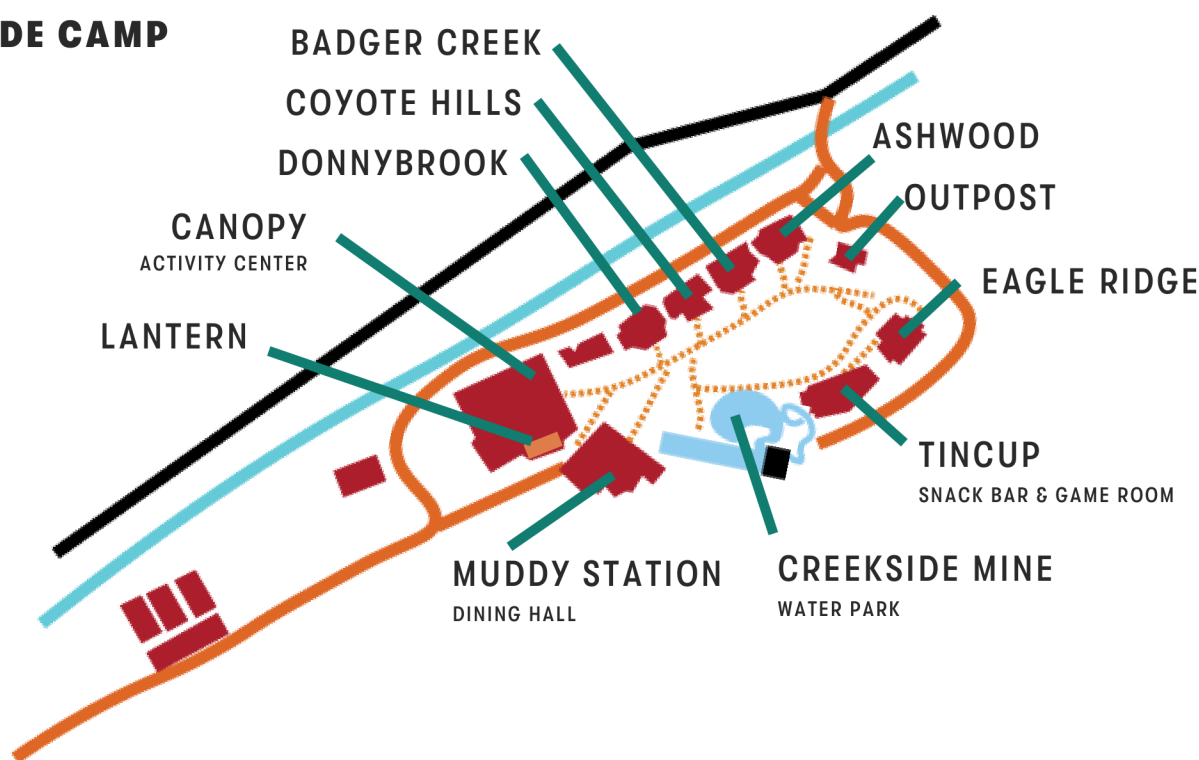


BASIC LOGISTICS

- There is no Wifi! Cell service is limited. For emergency calls, ask staff for help.
- The Coffee Bar in the Tin Cup opens at 7:30AM each morning
- There is a formula mixing station in Muddy Station
- There are ice machines outside the cabins and shared Styrofoam coolers to keep formula cold if you don't have your own cooler.
- FREE low-pro snacks available in Muddy Station all camp long
- Please wear your name tags - it helps us get to know each other
- Need help? Ask camp staff: anyone with red box around their nametag

HELLO...

MAP OF CREEKSIDE CAMP



WE NEED VOLUNTEERS

- Slide operators: 30-minute shifts during free time. Sign up at Thursday dinner; there will be a short training at 8:30pm on Thursday.
- Kitchen: Help us with food prep and/or serving (one meal or several)
- Childcare: Volunteer during the cooking demo and/or Science Night.

THURSDAY

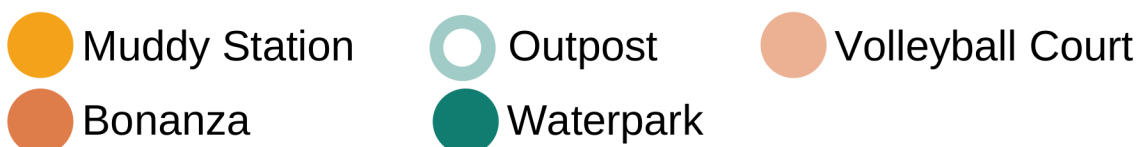


4-6pm	Registration	
6pm	Dinner & Announcements	
7:30pm	Intro to Young Life	
8pm	Mixer Games	Slide Operator Training (8:30pm)
9-10pm	Waterpark Open	
10pm	Teen Activity	
11pm	LIGHTS OUT	

REMINDERS

- There's a talent show Saturday Night. Put your name on the signup sheet on the Muddy Station stage and start practicing!
- In honor of the 20th Anniversary of Family Camp, we're hosting a scavenger hunt. All interested campers will receive a card to collect stamps from staff members, vendors, and during activities. Fill your card and win a prize!

LOCATION KEY



FRIDAY



8:30am	Breakfast		
9:30am	flok™		
10:30am	Cooking Demo	Kids Korner 0-6	Kids Korner 7-12
11:15am	Chat w/ Brenda	Parents of Young Kids	Athletics & IEM
12:15pm	Lunch		
1:15pm	Navigating US Insurance for IEM		
2:-5pm	Free Time: Waterpark, Adventure Course		Crafts
5pm	Low-Phe Life		
6pm	Dinner & 20th Anniversary Celebration		
7:15pm	Science Night	Kids Movie 0-6	Kids Movie 7-12
9pm	Dance Party 13+		
11pm	LIGHTS OUT		

LOCATION KEY

Muddy Station	Canopy	Lantern
Bonanza	Tin Cup	Waterpark & Adventure Course Camp Store & Tin Cup Snack Bar

SATURDAY



8am	Optional Church Service		
8:30am	Breakfast		
9-11am	Vendor Fair		
10am	Hike	Travel w/ IEM	Starting School/504s/IEPs
11am	Camp Olympics		
12:30pm	Lunch		
1:30pm	Group Photo		
2-3:30pm	Vendor Fair		
2:30pm	Free Time: Waterpark, Adventure Course		
6pm	Dinner		
7pm	Talent Show		
8pm	Carnival		
9pm	Waterpark open		
10pm	Teen hangout		
11pm	LIGHTS OUT		

LOCATION KEY

 Muddy Station	 Canopy	 Main Field
 Bonanza	 Tin Cup	 Waterpark & Adventure Course Camp Store & Tin Cup Snack Bar

SUNDAY



8:30am

Breakfast

9:30am

Pack & Clean Rooms


10:30am

Pick up to-go lunch & checkout

LOCATION KEY

 Muddy Station

LOW-PRO MENU

 options on these menu items will affect pro/phe content. All items will be labeled with exact values at camp.







Menu items in bold were developed by Cook for Love Founder Brenda Winiarski specifically for the low-protein community and are all on CookForLove.org

THURSDAY DINNER	PRO (g)	PHE (mg)
Baked Mac & Cheese	0.8	42
Kentucky Fried Cauliflower	1.3	50
Roasted Butternut Squash	0.7	28
Luau Salad	0.5	17
Herbed Breadsticks	0.5	22
Chocolate Cake w/ raspberries	1	49

Camp Tip:

Every lunch will have a low-pro sandwich bar, and every dinner will have a low-pro pasta bar.

FRIDAY BREAKFAST	PRO (g)	PHE (mg)
French Toast	0.6	31
Cinnamon Apple Topping	0.2	7
Cambrooke Tater Fries	1	34
Hooray Foods Bacon w/rub	0.8	50
Cold Cereal, choice of milk		
Choice of Yogurt w/Toppings		
Blueberry Muffins	0.6	27
Cambrooke Breakfast Bars	0.4	22

LOW-PRO MENU



FRIDAY LUNCH	PRO (g)	PHE (mg)
Pizza Dough ▲	0.4	20
Green Salad	▲	▲
Chocolate Chip Cookies	0.2	13

Camp Tip:

The cooking demo this year is funnel cake. The smell alone is amazing.

FRIDAY DINNER	PRO (g)	PHE (mg)
Cauliflower Tempura	1	37
Fried Rice	0.6	24
Cambrooke Rice	0.25	11
Orange Sauce	0.3	6
Vegetable Stir Fry	3.4	142
Pineapple Coconut Cake	0.9	38

SATURDAY BREAKFAST	PRO (g)	PHE (mg)
Pancakes	0.8	38
Breakfast Sausage Patties	0.7	27
Cold Cereal, choice of milk	▲	▲
Choice of Yogurt w/Toppings	▲	▲
John's Apple Muffins	0.5	22
Cambrooke Breakfast Bars	0.4	22

SATURDAY LUNCH	PRO (g)	PHE (mg)
Pulled Jackfruit	1.3	45
Auntie B's Pretzel Buns	0.7	36
Cole Slaw	0.2	6
Boston Faked Beans	1.9	86
Berry Crumble	1.3	49

SATURDAY DINNER	PRO (g)	PHE (mg)
Mushroom Tacos	1.2	43
Refried Butternut Squash	0.9	32
Siete Tortillas	0.5	17
Siete Tortilla Chips	1.2	52
Mexican-style Rice	1.1	40
Snickerdoodles	0.1	7

Camp Tip:

There are low-pro treats for sale at the snack bar in the Tin Cup (by the pool), and free snacks at the table in Muddy Station.

LOW-PRO MENU



CARNIVAL	PRO (g)	PHE (mg)
Corn Dogs	0.6	29
Funnel Cake	0.4	20
Popcorn (per 1 cup)	0.6	31
Cotton Candy	0	0

Camp Tip:

The 20th-Anniversary reusable popcorn cup sponsored by Relief Therapeutics has measurements on it!

SUNDAY BREAKFAST	PRO (g)	PHE (mg)
Strata	0.9	39
Fakin' Bacon	▲	▲
Yuca taters w/ peppers & onions	0.8	23
Cold Cereal, choice of milk	▲	▲
Yogurt w/Toppings	▲	▲
Pumpkin Muffins	0.8	25
Cambrooke Breakfast Bars	0.4	22

SHOUT-OUT TO OUR CHEFS!

They make it look easy, but months of planning and long hours of work go into developing, prepping, cooking, and serving these wonderful meals. Thank you to Brenda Winiarski and Jennifer Beazer for your tireless efforts to develop the menu, and to Sky Pajak, Kim and Jared Schmidt, Sasha Steiner, Beth Ogata, and Vicki Frasher for being an amazing sous-chef crew!

SUNDAY TO-GO LUNCH	PRO (g)	PHE (mg)
Camp Biscoff & Apple	1.8	86
Camp Portabello & Boursin	2.6	104
Apple	0.5	11
Sugar Cookie	0.1	7
Snyder's Pretzels	0.1	6
Wise Onion Rings	0.3	13

Camp Tip:

Any left-over supplies & low-pro snacks will be given away at the end of camp (leave room in your suitcase!)



2022 FAMILY CAMP CHEFS

THANK YOU TO **OUR SPONSORS.**

YOU MADE 2023

FAMILY CAMP

POSSIBLE!



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