



# CAMP ROBIN HOOD

## CAMP FOOD INGREDIENTS LIST

(UPDATED August 16, 2023)

This document provides details of the ingredients served throughout the summer in the following aspects of our camp program:

- DAILY TREATS & JUICE
- FRIDAY PIZZA
- COOKING ACTIVITY
- SPECIAL SNACKS

### DAILY TREATS



#### **MONDAY - Kisko Mr. Freeze Jumbo freeze pops (assorted flavours)**

Ingredients: Water, Sugar/glucose-fructose, Citric acid, Natural and artificial flavours, Modified cellulose, Sodium benzoate, Potassium sorbate, Stevia extract, Allura red, Brilliant blue FCF, Sunset yellow FCF.

**Peanut/Nut free, Gluten free**



#### **TUESDAY - Made Good Chocolate Chip Crispy Squares**

Ingredients: Brown rice crisps\*, Sugars\* (invert cane syrup\*, brown rice syrup\*), Chocolate chips \* (cane sugar\* unsweetened chocolate\*, cocoa butter\*), Vegetable glycerin\*, Water, Cocoa powder\*, Palm fruit oil\*+, Inulin\*, Pea protein isolate\*, Salt, Natural flavour\*, Tapioca starch\*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms) Xanthan gum.

\*Organic +Sustainable

**Free from peanuts, dairy, wheat & gluten, sesame, tree nuts, egg, soy, fish and shellfish**



#### **WEDNESDAY - Chapmans Little Lollys (popsicles)**

Ingredients: Water, Sugars (sugar, glucose), Citric acid, Guar gum, Natural flavour, Annatto extract, Black carrot extract, Spirulina extract, Sodium copper chlorophyllin, Turmeric extract. **COR DE**

**Peanut/Nut free, Gluten Free**



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## THURSDAY – Kirkland Soft & Chewy Granola Bars

Ingredients: Granola (whole rolled oats, sugar, canola oil [canola oil, ascorbic acid, natural flavour], fancy molasses, sodium bicarbonate, soy lecithin), Sugars (glucose, sugar, fructose), Semi-sweet chocolate chips (chocolate liquor, sugar, soy lecithin, vanilla extract), Crisp rice (rice flour, sugar, calcium carbonate, barley malt extract [corn syrup solids, barley malt extract], salt), Canola oil (canola oil, ascorbic acid, natural flavour), Glycerin, Dried unsweetened coconut, Soy lecithin, Natural flavour, Salt, Wheat flakes, Modified milk ingredients.

**Contains: Barley, Milk, Oats, Soy, Wheat.**

**Peanut free**



## THURSDAY – Made Good Granola Bars (for those requiring gluten and dairy free)

Ingredients: Pure gluten free oats\*, Sugars\* (agave syrup\*, brown rice syrup\*, invert cane syrup\*). Chocolate chips\* (cane sugar\*, unsweetened chocolate\*, cocoa butter\*), Sunflower oil\*, Brown rice crisps\*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Natural flavour\*, Agar\*, Salt. \*Organic

**Peanut free, tree nut free, wheat free, dairy free and also free from egg, soy, sesame, fish and shellfish**



## FRIDAY - Chapman's Ice Cream

Ingredients: Sugars (sugar, glucose), Fresh cream, Modified milk ingredients, Mono and diglycerides, Carob bean gum, Cellulose gum, Guar gum, Carrageenan, Vanilla extract, Natural flavour. **COR Dairy**

**Peanut/Nut free and gluten free.**



## FRIDAY - Chapman's Orange Sorbet (for those with a lactose intolerance)

Ingredients: Water, Sugars (sugar, glucose), Orange puree, (sugar, water, orange peel, carob bean gum, guar gum, annatto extract, beetroot extract, natural flavor, sodium benzoate), Carob bean gum, Methyl cellulose gum, Guar gum, Citric acid, Natural flavour, Annatto extract, Black carrot extract, Turmeric extract. **COR DE**

**Peanut/Nut free, gluten free and lactose free.**



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**JUICE – served with lunch each day. Flavour will vary from day to day.**

**Dr. Oetker Tropical Punch**

Ingredients: Sugar, Citric Acid, Artificial Flavours, Sodium Citrate, Amaranth, Titanium dioxide, Brilliant blue FCF. **COR**

**Dr. Oetker Cherry Juice**

Ingredients: Sugar, Malic Acid, Sodium Citrate, Artificial Flavour, Amaranth, Tartrazine, Brilliant blue FCF. **COR**

**Dr. Oetker Peach Juice**

Ingredients: Sugar, Malic Acid, Citric Acid, Artificial Flavour, Sodium Citrate, Titanium dioxide, Tartrazine, Amaranth. **COR**

**Dr. Oetker Lemonade**

Ingredients: Sugar, Citric Acid, Sodium Citrate, Artificial Flavour, Gum Arabic, Colour. **COR**

## **PIZZA FRIDAYS**

**Cheese pizza is supplied every Friday from Pizza Pizza. Please refer to their website for ingredients.**

<https://www.pizzapizza.ca/about-us/#nutrition>

**Gluten free crust and dairy free cheese is also available.**

**Lays Potato Chips**

Ingredients: specially selected potatoes, vegetable oil, salt. **Gluten-free. COR**

## **TREATS FOR THE QUEST CARNIVAL – AUGUST 23**

**Cookies by Baked with Joy**

**Sugar cookie:** Flour, Sugar, Butter, Vegetable shortening, Eggs, Vanilla, Baking powder

**Royal Icing:** Icing Sugar, Merengue powder. All products are made in a nut free bakery.

**From Farm to Table popcorn**

**Ingredients:** GMO-free popcorn, canola and/or sunflower oil, seasoning (maltodextrin, salt, flavour, spices, beta carotene). Peanut free, nut free, dairy free and gluten free.

**Rockets candy**

**Ingredients:** Dextrose, Citric Acid, Calcium stearate, Natural and Artificial flavour, Allura red, Tartrazine, Sunset yellow FCF, Indigotine. Peanut free and gluten free.

**Kerr's lollypops**

**Ingredients:** Sugar, corn syrup, citric acid, natural and artificial flavours, colours (contains Tartrazine), soy (release agent). Peanut free, tree-nut free, gluten free, vegetarian, halal, kosher



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## **Kerr's Fruit Taffy**

**Ingredients:** Sugars (corn syrup, sugar), Coconut oil, Sorbitol, Citric acid, Cotton stearine, mono and diglycerides, Natural flavours, Natural colours (Red beet concentrate, Annatto, Tumeric, Spirulina concentrate), apple pectin, Soy lecithin, kosher gelatin, Vitamin E (mixed tocopherols). **Contains:** Soy. Peanut free, Tree nut free, Gluten free, kosher.

## **Snow Cones**

**Syrup Ingredients:** Water, high fructose corn syrup, natural and artificial flavours, Citric acid, propylene glycol, Xanthan gum, sodium benzoate (Preservative), Red 40, Blue 1.

## **COOKING ACTIVITY**

### **WEEKS 1, 3, 5, 7 – S'MORES**

#### **Kirkland Chocolate Chips**

**Ingredients:** Unsweetened chocolate, sugar, soy lecithin, vanilla. **Contains: soy. May contain: milk. COR Dairy**

#### **Sysco Marshmallows**

**Ingredients:** corn syrup, sugar, modified food starch (corn), gelatin, water, dextrose, natural flavours, tetrasodium pyrophosphate.

#### **Christie Graham Crackers**

**Ingredients:** enriched wheat flour, whole grain wheat flour, golden sugar and/or sugar, vegetable oil, honey, salt, baking soda, ammonium bicarbonate, monocalcium phosphate, soy lecithin, artificial flavour, asparaginase.  
**Contains: wheat, soy.**

### **WEEKS 2 and 8 – COOKIE PIES**

#### **Christie Graham Crackers**

**Ingredients:** enriched wheat flour, whole grain wheat flour, golden sugar and/or sugar, vegetable oil, honey, salt, baking soda, ammonium bicarbonate, monocalcium phosphate, soy lecithin, artificial flavour, asparaginase.  
**Contains: wheat, soy.**

#### **Berthelet Apple Pie Filling**

**Ingredients:** Apples, Sugar/glucose-fructose, Water, Modified corn starch, Malic acid, Xanthan gum, Locust bean gum, Guar gum, Potassium sorbate, Sulfites. **MK**

#### **Berthelet Cherry Pie Filling**

**Ingredients:** Sugars (glucose-fructose, sugar), Water, Cherries, Modified corn starch, Citric acid, Sodium benzoate, Potassium sorbate, Sunset Yellow FCF, Sodium erythorbate, Artificial flavour, Tartrazine, Amarantn. **MK**

### **WEEK 4 – BANNOCK**

**Ingredients:** water, flour, vegetable oil, baking powder, salt, cinnamon

### **WEEK 6 – CANDY APPLES**

**Ingredients:** apples, cinnamon, brown sugar