



# CAMP ROBIN HOOD

## CAMP FOOD INGREDIENTS LIST 2025 (updated June 3, 2024)

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 – Dare Chocolate Chip Bear Paws**

Ingredients: Wheat flour, sugar/glucose-fructose, chocolate chips (sugar, unsweetened chocolate, dextrose, cocoa butter, soya lecithin, natural flavour), canola oil, liquid whole egg, modified palm oil, fancy molasses, modified wheat starch, cocoa, salt, whey powder, vegetable glycerin, baking soda, natural flavour.

**Peanut free**



#### **TUESDAY – Made Good Soft Baked Red Velvet Mini Cookies (for those requiring gluten and dairy free)**

Ingredients: Gluten free flour blend\* (oat flour\*, tapioca starch\*, ground chia seeds\*), Sugars\* (invert cane syrup\*), Palm fruit oil\*, Vanilla chips\* (cocoa butter\*, cane sugar\*, tapioca starch\*, rice syrup solids\*, rice maltodextrin\*, vanilla extract\*), Sunflower oil\*, Vegetable glycerin\*, Natural flavours\*, Baking powder, Beet powder\*, Cocoa powder\*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Sea salt. \*Organic.

**Dedicated facility free from: Peanuts, Tree nuts, Dairy, Egg, Wheat & Gluten, Soy, Sesame, 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, Tree nut, soy, dairy, egg, sesame, wheat & gluten, fish and shellfish free**



## FRIDAY - Chapmans 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 - Chapmans Orange Sorbet (for those requiring lactose free)

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 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**

**Fresh Plus Raspberry Fruit Flavoured Drink mix**

Ingredients: Sugar, Malic Acid, Ascorbic acid (Vitamin C), Artificial flavour, Amaranth, Silicon dioxide, Gum arabic, Cellulose gum, Titanium Dioxide, Brilliant blue FCF. **COR**

**Fresh Plus Pear Flavoured Drink mix**

Ingredients: Sugar, Malic Acid, Sodium citrate, Natural flavour, Ascorbic acid (Vitamin C), Tricalcium phosphate, Cellulose gum, Gum arabic, Titanium dioxide, Tartrazine, Amaranth, Brilliant blue FCF. **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>

Meets both Bill 8 (no added trans fat) and the Ontario School Food and Beverage Policy 2011 (PPM 150).

Pizza crust and sauce are completely vegan. Cheese is rennet free. All pizzas are nut-free. Allergen: milk

Gluten free crust and dairy free cheese is also available.

**Lays Potato Chips**

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



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## COOKING ACTIVITY

### SESSIONS 1 & 3 – 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.**

#### **ALTERNATE: CANDY APPLES**

**Ingredients:** apples, brown sugar

### SESSIONS 2 & 4 – 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, Amaranth. **MK**

#### **ALTERNATE: CANDY APPLES**

**Ingredients:** apples, brown sugar