

Our commitment to encouraging healthy eating...

A visit to the Providore is a key part of the camp experience – often it can be a young person’s first experience of controlling their own money and making their own choices of what to buy.

For the 2018 season, we have revised our range to help making the responsible choice a little easier. Taking Change4Life’s “100 calorie snacks, 2 a day max” campaign as our inspiration we have made the following changes.

Cold Drinks

We would actively encourage all those coming to Phasels Wood to bring a water bottle – there are plenty of taps situated throughout the Centre to top up throughout the day. We also sell water bottles and mugs, available to pre-purchase online, with discounts available for groups buying larger quantities.

From the 1st April 2018, all of the chilled drinks sold in our shop are chosen to be exempt from the “Sugar Tax”, we offer a range of still and carbonated sugar free drinks, mineral waters and real fruit juices.

We do not stock any “Energy Drinks”, sugar free or otherwise.

Confectionery

We have significantly increased our range of smaller products, priced between 10p and 40p. These offer choices between 70 and 130 calories per pack, with products in single serve and sharing format. As products are re-formulated we will continue to review whether we can achieve a range with a maximum of 100 calories.

We also respect the right to choice, so are continuing to offer a reduced range of larger single serve chocolate bars, with 100 – 200 calorie choices and 200 – 250 calorie choices. We have produced an easy reference guide to assist your decision.

We know everyone loves to share, so we also offer a limited range of share size bags. If you would prefer that young people in your group did not buy these, please let our shop team know and we will do our best to support you in this choice.

Crisps & Snacks

Having reviewed the current offering, we are stocking single serve portion pots of Pringles and packs of Baked Mini Cheddars. These will use up both snacks at around 200 calories a pot or could be shared.

Ice Cream

We stock Walls Ice Creams, as they actively work to manage the calorie and sugar levels in their products. Since 2014, all their children’s products have been 110 calories or less and they are working towards a maximum of 250 calories for adult treats, with 91% achieving that target in 2016.

Coffee Shop

We offer a range of hot drinks, snacks, cakes and biscuits in our coffee shop, these are displayed separately from our Providore offering, and are generally intended as personal choices for our 14+ visitors or parental purchase.

Sauces are available in portion packs and sugar sachets are now by request when you order your drink.

Healthier Alternatives at Mealtimes

For those customers on our catered package, we are continually reviewing how we can ensure our menu offers healthy choices. We offer fruit as an alternative to puddings and cake at all meals, salad is available with lunches and dinners served in Bites and our squash is sugar free. From this season we have also removed deep fried potato products from weekday breakfasts.