From outdoor adventures to lifelong friendships, summer camp offers unique experiences that hold a special place in the hearts of those who go. Whether day camp or away camp, these places teach children how to be creative, inventive, and active through sports, teambuilding, education, and the arts, all in one location.

Camps let kids disconnect from their wired lives and reconnect with nature and new friends. Horseback riding, rope courses, wall climbing, fishing, canoe races, and archery all build self-confidence and resourcefulness. You’ve got to be quick on your feet when a storm hits while on a trail hike and you need to make it back to camp and keep yourself entertained for the next several hours. And the friendships formed sharing a bunk bed, in mess hall, or around a roaring campfire can stay with you for a lifetime.

When your child comes home from summer camp dirty, exhausted, and happy, know that you’ve picked a good one. Welcome and refuel him with a healthy, camp inspired treat like this BBQ Seasoned Popcorn. Popcorn is a wholesome whole grain that adds fiber and energy producing carbohydrates to the diet. Tastes great too!

**BBQ Popcorn Seasoning Mix**
*Makes: about 1/3 cup*

**Ingredients:**
- 1 tablespoon brown sugar
- 1 tablespoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1/2 teaspoon cardamom
- 1/2 teaspoon celery salt
- 1/4 teaspoon cayenne pepper

**Directions:**
Mix all ingredients together in a small bowl. Store mixture in an airtight container.

To use: Spray popped popcorn with cooking spray. Sprinkle about 2 teaspoons of seasoning mix for each quart of popcorn.