

IMPORTANT REMINDERS / GUIDELINES FOR PARENTS
Regarding the Token Economy

- ❖ Please do not provide your student(s) with ANY spending money. They will receive some spending money after their arrival.
- ❖ Please explain to any relatives (grandparents, aunts, uncles, etc.) that they shouldn't send any money or consumables to the students. Specific presents (e.g. books, etc.) are okay, but cash money or gift certificates are not.
- ❖ Certain food/consumable items will be allowed. Please see the list on the reverse of this page for more information. We understand that some of these rules may seem arbitrary, and to a certain extent that is true. Please understand that we are trying our best to allow the students to have access to healthy food while making our token economy system as effective as possible. Remember that your student will be able to purchase whatever junk food they want once they are getting their allowance – they will just have to prioritize what they spend their money on.
- ❖ We have included a “Frequently Asked Questions” sheet about the token economy that you may find informative, as well as a more detailed explanation of our economy system.

If you have any questions about the economy or about things not allowed, please call the office or e-mail Josh Brown at director@gpgc.org.

PLEASE SEE FOLLOWING PAGE FOR A LIST OF PERMITTED ITEMS

AND ITEMS NOT ALLOWED

These are the allowed drinks and food items for your child to bring this summer:

Drinks

Milk (and powdered drinks made with milk)

100% Juice

100% Water (NO flavored water, "vitamin water" or the like, or powdered additives)

Food

Bread

Dairy products

lunch meats

canned seafood (tuna, salmon, etc.) or meats

Vegetables

Fruits

Nuts and legumes

Rice

Pasta

instant mashed potatoes

boxed pasta dinners

Soup (including dried soups like ramen noodles)

Potatoes

Cereals

Crackers

Specific items not to bring

Candy

Cookies

Pop-Tarts

Chips (of any kind)

Popcorn (of any kind)

Chewing Gum (of any kind)

Carbonated Beverages of any kind (including diet)

Coffee

Any sort of energy drink

Gatorade (exceptions may be made for athletic types, please check with the office before coming with Gatorade or similar products)

Please remember that students earn money each week based on their grades and behavior (they are given an optional advance of this money the first night of the program), and may use this money to buy whatever food or drinks they want. Students are also provided with 3 meals a day.

Please follow this list carefully and if you have any questions at all, please email us (office@gpgc.org) before you buy consumables for your student. Your cooperation will help prevent aggravation and possible conflict at check-in and is greatly appreciated.