



Healthy-lifestyle education for children and their families





**Featured on  
The Rachael Ray Show,  
CNN, CBS-TV New York,  
FOX Good Day  
New York and in  
Women's Health  
Magazine**

## **HealthBarn USA**

**Empowering children and families to live strong, energetic lives**

HealthBarn<sup>®</sup> USA, the leader in proven healthy-lifestyle education, offers a one-of-a-kind opportunity for your child to work on a farm and learn about nutrition by growing, harvesting and cooking with fresh seasonal food.

The HealthBarn USA team brings together a select group of experts in the fields of food, nutrition, and agriculture. These trained professionals work alongside your child also demonstrating important environmental concepts such as organic farming, sustainability, composting, recycling, and animal stewardship.



## Benefits for Children

### **Hands-on, research-based nutrition education**

Learning how to make healthy food choices and cook with natural foods

### **Growing and harvesting fruits and vegetables**

Experiencing the natural cycle of fresh, unprocessed seasonal foods

### **Physical activity**

Exercising through gardening, planting and harvesting, plus a high-energy fitness program (in the winter)

### **Self-esteem development**

Developing confidence and leadership skills through accomplishments during group activities

## Benefits for Parents

### **Hands-on instruction for healthy living**

Learning what is important when shopping for nutritious foods

### **Child-tested recipes and cooking demonstrations**

Creatively preparing natural foods in quick and easy ways

### **Practical guidance**

Learning how to talk with your child about food and nutrition

### **Peer support**

Sharing experiences with others who have similar concerns and values



## Look who's talking about HealthBarn!

HealthBarn USA is helping us too, not just my son, better understand about what we eat! We like that the parent workshops cover different topics and include food demonstrations because it makes it fun, easy to understand and we can actually see and taste the alternatives.

**Jorge, super dad, Saddle River, NJ**

Our experience was flawless. You and your team did a fantastic job. The girls learned a lot and had fun doing it. Every activity was interesting and exciting. Our day at HealthBarn USA is a memory that will last a lifetime.

**Junior Girl Scout Troop #1380**

HealthBarn changed my eating habits in a big way. I've changed from fast food to health food all because of HealthBarn! My family has too! It will change your life forever!

**Chloe, 12, Franklin Lakes, NJ**

I always thought that cooking healthy was complicated, but by watching the HealthBarn team I could see how easy it was! The workshop is hands-on, really easy, and practical... even I can do it now.

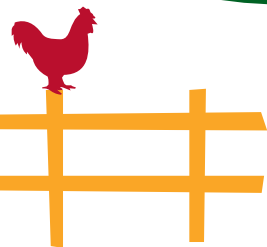
**Vilma, Upper Saddle River, NJ**

This assembly showed me that foods help your body in many ways. It got me interested in eating more veggies, instead of my mom begging me to – thank you!

**Student, Hazlet, NJ**

It's the only place you can plant, cook and play.

**Giles, summer camper**





ages 8-15



## Young Harvesters

### Spring, Fall & Winter Programs After-school & Saturday Mornings

This dynamic, hands-on experience delivers the consensus of scientific evidence related to food and nutrition, physical activity and self-esteem development through an authentic farm adventure in which children (and parents) gain the knowledge and skills essential to living a healthy lifestyle. This curriculum is offered in two parts:

**Part I:** Learning the basics. **Part II:** Putting knowledge into action.

### 12-Week Program (Parts I & II)

- Initial and final individualized consultations for children and parents with a nutritionist
- 24 hours of hands-on, professional instruction for children (2-hours once a week)
- 12 hours of in-depth nutrition education and recipe tasting for parents (1-hour once a week)

### 6-Week Program (Part I only)

- 12 hours of hands-on, professional instruction for children (2-hours a week)
- 6 hours of in-depth nutrition education and recipe tasting for parents (1-hour a week)

*Most children and parents commit to Parts I and II for maximum impact and value.*

*Garden supplies and healthy, natural snacks included*

ages 5-7



## Sprouts



### Spring, Fall & Winter Programs After-school

This creative hands-on experience focuses on a child's five senses as a guide to understanding health and the body through lifestyle lessons, gardening and harvesting experiences; and preparing fresh, natural foods. Parents attend 3 one-hour workshops for guidance in supporting their child's new healthy habits.

### 10-Week Program

- 15 hours of hands-on, professional instruction for children (1.5 hours once a week)
- 3 hours of in-depth nutrition education and recipe tasting for parent(s)

ages 3-5



## Seedlings



### Spring, Fall & Winter Programs Mornings & Early Afternoons

This nurturing hands-on experience is designed to introduce children at a young age to try a variety of seasonal foods by gardening and helping to prepare healthy recipes. Children will meet new animal friends, too! Parents receive weekly recipes to support family activities at home.

### 10-Week Program

- 10 hours of hands-on, professional instruction (1-hour once a week)

*Garden supplies and healthy, natural snacks included*

## Summer Programs

*Garden supplies, healthy, natural snacks, and lunch included  
Space is limited to 25 campers per week*

ages 5-12



### **Summer Camp** *Weekly, June through August* **Monday through Friday 9 am – 3 pm**

During this exciting farm adventure, campers rotate between growing, harvesting and cooking with their own hand-grown fruits and vegetables, learning about nutrition through games and testing their green thumbs by composting and organic farming. Campers will participate in creative arts and crafts, and sports and nature activities.

Two educational field trips to a restaurant and local supermarket for the ultimate “farm-to-plate” shopping and dining out experience.

- 30 hours of hands-on, professional instruction for children (6-hours a day for 5 days)

**Campers sell their own produce at local Farmers’ Markets in Suffern, NY.**



ages 3-5

### **Summer Seedlings** *Weekly, June through August* **Tuesday, Wednesday & Thursday Afternoons**

This fun and educational farm experience has the Seedlings busy in the garden and the barn! Their summer will be activity-filled by planting and picking their own organic produce, trying delicious, fresh seasonal fruits and vegetables, helping to cook healthy recipes and doing natural arts and crafts.

**Fees** include discounts for siblings, and multiple weeks and may be partially covered by health insurance or a flexible savings account.

**Registration** Call 201-891-2066 or e-mail us at [info@healthbarnusa.com](mailto:info@healthbarnusa.com) to enroll today!

## School & Community Programs

**Healthy-Lifestyle Trips** In fun and educational year-round visits to the farm, children, ages 3-15, learn about the importance of fresh, seasonal produce and why eating naturally matters. Their day involves gardening, making and tasting a delicious recipe, and learning to be a supermarket spy kid. Children leave with a new-found appreciation for food – and a healthy-lifestyle take-home bag.

**Schools:** Integrate the healthy-lifestyle experience into science, math, social studies and food science curricula. (*Mondays through Thursdays*)

**Ages 6-15:** 2-hour class trip: 10 am – noon **Ages 3-5:** 1-hour class trip: 10 – 11 am

**Scouts & Other Organizations:** Present the healthy-lifestyle experience as a challenge for a bead, patch, pin or Try-It. Plus, with new knowledge and recipes, earn rewards at home.

**Ages 6-15:** 2-hour scout trip: 4 – 6 pm (*Mondays and Fridays*)

**School Assemblies** Engage your student body in our one-of-a-kind, hands-on, healthy lifestyle experience that empowers children of all ages to try new foods, be active, participate in family meals and much more. Five interactive food tasting activities (free of nuts & wheat) based on the USDA Food Pyramid and physical activity-led exercises are included for all participants. Recipes and educational materials are available to take home.

**Adult Healthy-Lifestyle Program** *Mornings, Afternoons & Saturdays (Spring, Fall & Winter)*

This cutting edge 6- or 12-week program explores all aspects of a healthy-lifestyle and nutrition education in a series of "hot" topics, including fabulous fats, whole grains, serving sizes, organic and conventional foods, supermarket shopping, plus being active; and how to simply apply this knowledge into busy lives, meal choices and dining out experiences. The weekly workshops also include healthy cooking demonstrations.

**School & Adult/Teen Workshops** A continuing series of practical, cutting edge and in-depth workshops (for groups, minimum of 4) on such topics as sports nutrition, supermarket shopping, meal planning, weight and exercise, anti-aging, natural beauty and much more. The workshops are one hour in length and include educational hand-outs, healthy cooking demonstrations and tasting, and a healthy-lifestyle take-home bag.

*Please call 201-891-2066 to schedule a trip or assembly and for workshop dates and times.*





HealthBarn USA  
at ABMA's Farm & Market

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Wyckoff, New Jersey 07481

201-891-2066

[www.healthbarnusa.com](http://www.healthbarnusa.com)

**ENROLL  
TODAY!**

Visiting the HealthBarn USA  
garden is like opening the  
refrigerator and getting to eat  
anything you want – it's so fresh  
and tastes so good.

Brett, age 8, Oradell, NJ

