



2010-2011 School Enrichment Programs

HealthBarn USA is the leader in proven hands-on, healthy-lifestyle education for children and families and is located at Abma’s Farm, Wyckoff, NJ. The unique curricula are designed to reflect the needs of children and their families and are developed by the HealthBarn USA team in collaboration with Rutgers Cooperative Extension. The programs are overseen by the HealthBarn USA esteemed advisory board, which is compromised of some of the country’s leading professionals in food, nutrition and health.

Our team includes HealthBarn USA educators who have master’s degrees and are dietitians and/or teachers as well as nutrition assistants from Columbia University, Montclair State University, St. Elizabeth’s College, Rutgers College and UMDNJ.

The HealthBarn USA core curricula is hands-on and is the ultimate farm-to-fork experience for children as they learn about living a healthy-lifestyle by growing, cooking and eating fruits and vegetables, being active, eating breakfast, getting a good night sleep and participating in family meals. It also meets NJ standard curricula requirements (please inquire about specifics).

We offer **HealthBarn USA School Enrichment Programs** at school and at the barn; below please find a list of our offerings for 2010-2011:

AT School:

HB USA Program	Description	Fee (including food & supplies)
1) School Assembly	Hands-on, high energy fun and educational assembly focused on “Trying New Foods.” Program features USDA Food Guide Pyramid food sampling and exercise activity; followed by a “tasting” event from the 5 food groups for all students. Program length: 1.5 hours and is held in partnership with Whole Foods Market, Ridgewood and Cabot Creamery. <i>(Peanut Free)</i>	\$950 for 300 students; \$700 for second assembly at same school
2) Nutrition & Environmental Workshops	Include HB USA nutrition workshops as part of Science and Wellness Days at your school, topics include: 1) Energizing Snacks, grades K-2; (2) Supermarket Spy Kids, grades 2-8; (3) Dining Out, grades 3-12; (4) Healthy Breakfasts, grades 3-12; (5) Sports Nutrition, ages 7-12; (6) Natural Beauty, grades 7-12; (7) Living in the Natural World – compost, sustainable planting and eating, grades K-8 (8) Lunch & Learn Workshops for parents and faculty.	\$300.00 each
3) After-School Program	Healthy-lifestyle 6 or 8-week curricula that feature healthy-lifestyle lessons and cooking nutritious recipes with children. Offered throughout the school year.	\$120 (6 wk); \$160 (8 wk) per child (minimum of 10; maximum of 35)

AT HealthBarn USA

1) School Field Trips	Hands-on healthy-lifestyle experience that includes: introduction to 5 healthy habits; working in the garden by composting and identifying vegetable plants and herbs; help to make the Rainbow Swirley smoothie recipe and drink it; play Supermarket Spy Kids game by learning to read nutrition labels and visiting the Abma's market at the farm to spy for natural foods; healthy-lifestyle goodie bags; followed by brown bag lunch and petting zoo visit. Ages 3-5: one hour educational program Ages 6-15: two hour educational program	\$10 (ages 3-5) per child; \$15 (ages 6-15) per child (minimum of \$200). No charge for teachers. * Doesn't not include transportation
2) Scout and Community Field Trips	Hands-on healthy-lifestyle experience that includes: introduction to 5 healthy habits; working in the garden by composting and identifying vegetable plants and herbs; help to make the Rainbow Swirley smoothie recipe and drink it; apples for snack; play Supermarket Spy Kids game by learning to read nutrition labels and visiting the Abma's market on the farm to spy for natural foods; healthy-lifestyle goodie bags. Ages 5-15: two hour educational program.	\$20 per child (minimum 10 kids or \$20), siblings are welcome No charge for parents.

We have more information available for each HealthBarn USA school enrichment program as well as testimonials that we will provide upon request. Please contact Molly Fallon at 201-891-2066 or molly@healthbarnusa.com with any questions or to schedule a HealthBarn USA program for your school.

Please visit www.healthbarnusa.com to learn more about our cutting edge curricula and to view our programs and kids in action on *The Rachael Ray Show*, *CNN with Dr. Sanjay Gupta*, *CBS-TV, Family First* and *FOX-Good Day New York*.

Thank you for your consideration.