



SCHOOL FIELD TRIPS

HEALTHY-LIFESTYLE FIELD TRIPS FOR CHILDREN

HealthBarn USA, located at Abma's Farm in Wyckoff, NJ, is the leader in proven, hands-on healthy-lifestyle education for children aged 3-15 and their families. The ultimate "farm-to-fork" programs combine research-based nutrition education, physical activity and self-esteem development in an entertaining, high-energy learning environment. The goal of HealthBarn USA is to empower children to confidently take ownership of their health, and to become enthusiastic about leading strong, energetic lives.

The HealthBarn USA team brings together trained professionals who are experienced working with children and experts in food, nutrition and agriculture. The unique, hands-on curricula were developed with guidance from our esteemed advisory board and in collaboration with experts from Rutgers Cooperative Extension.

FOR SCHOOLS: The HealthBarn USA field trip enables teachers to integrate the healthy-lifestyle experience into science, math, social studies, food science and life skills curricula. Importantly, our field trip meets the NJ Core Curriculum Content Standards, 2.1, 2.2, 2.5, 2.6, 5.4, 5.8, 5.10, 8.2 and 9.2.

WHAT: 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:

- ✓ Introduction to living a healthy-lifestyle and how to put this knowledge into practice in daily routines.
- ✓ Hands-on gardening activity on the farm; including a composting lesson.
- ✓ Participating in making and tasting a delicious recipe (we accommodate for allergies).
- ✓ Learning to be a Supermarket Spy Kid (includes food label reading and visit to Farm Market).
- ✓ Healthy-lifestyle take-home bag.

WHEN? September 2010 – June 2011 (throughout school year)

WHO? **Ages 6-15:** 2-hour educational program*: 10:00 am – noon (Mondays through Thursdays)
Ages 3-5: 1-hour educational program*: 10:00 am – 11:00 am (Mondays through Thursdays)
(Can accommodate requests and special needs groups)
* Pack a brown bag lunch post-program and visit the animals in the petting zoo!

FEES: **Ages 6-15:** \$15 per child; **Ages 3-5:** \$10.00 or *minimum of \$200.00 per trip*
Deposit Required: \$25.00 to confirm trip – maximum of 50 children per trip
(Transportation not provided to and from Farm); upon receipt of deposit, an email confirmation will be sent regarding date and details.

WHY? To be exposed to traditional values that drive healthy, wholesome lifestyles – lifestyles that have become overshadowed by today's past-paced, fast-food culture.

WHERE? ABMA's Farm located at 700 Lawlins Road in Wyckoff, NJ - a spectacular, 30-acre family farm growing more than 75 seasonal varieties of fruits and vegetables where rabbits, pheasants, goats, chickens, and other animals call home. The Farm is minutes from the junction of routes 287 and 208, from the Wyckoff business district, and is just 30 miles from New York City.

CONTACT INFORMATION:

Please contact Molly Fallon at 201-891-2066 or info@healthbarnusa.com to book a school field trip. Check out www.healthbarnusa.com for more information.