



Scout & Community FIELD TRIPS

HEALTHY-LIFESTYLE FIELD TRIPS FOR CHILDREN

HealthBarn USA, located at ABMA's Farm in Wyckoff, NJ, is the leader in proven healthy-lifestyle education for children ages 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 a select group of trained professionals who are experienced working with children and experts in food, nutrition, health and agriculture. The unique hands-on curricula were developed with guidance from our esteemed advisory board and in collaboration with experts from Rutgers Cooperative Research and Extension.

FOR SCOUTS: The HealthBarn USA program is a great way to earn fitness, healthy eating and cooking badges, patches and Try-Its. Please refer to scout manuals for specific details.

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 experience 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; hands-on lesson about composting.
- ✓ Participating in making and tasting a delicious recipe.
- ✓ Learning to be a Supermarket Spy Kid (includes food label reading & visit to Farm Market).
- ✓ Receiving a healthy-lifestyle take-home bag.
- ✓ Apples are provided for snack.

WHO? **Ages 6-15:** 2-hour field trip: 4:00 p.m. – 6:00 p.m. (Mondays and Fridays)
Ages 3-5: 1 hour field trip: 4:00 p.m. – 5:00 p.m. (Mondays and Fridays)

WHEN? September 2010 – June 2011

FEES: Ages 6-15: \$20 per child; Ages 3-5: \$10.00 per child *or a minimum of \$200.00 per trip (siblings are welcome)*; there is no charge for adults.

Deposit Required: \$25.00 to confirm trip -- maximum of 35 children per trip; upon receipt of deposit, scout leader will receive a confirmation email with 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 Jill Chisesi at 201-891-2066 or info@healthbarnusa.com to book a field trip. Check out www.healthbarnusa.com for more information.