



at **ABMA's Farm & Market**

Healthy-lifestyle education for children & families



Summer Camp

ages 5-12



The HealthBarn® USA Summer Camp program is an exciting farm-to-table adventure for children, ages 5-12. During the day from 9:00 am – 3:00 pm, campers are active by rotating between growing, harvesting and cooking with their own hand-grown organic fruits and vegetables, learning about nutrition and environmental science through games and enjoying activities in creative arts and crafts, nature, and sports. Each themed week campers will participate in a final event to celebrate their achievement. Campers also have the opportunity to sell their own produce at **HealthBarn USA's** farm stand at a local farmers' market throughout the summer season. **HealthBarn USA**, the leader in proven healthy-lifestyle education offers a one-a-kind opportunity for your child to be a protector of the environment, a leader in agricultural preservation and a champion for living a healthy lifestyle all on a spectacular 30-acre family farm where 75 seasonal varieties of vegetables are grown and where lots of rabbits, goats, cows, horses and other animals call home.

What: One-of-a-kind fun and educational experience on a farm from 9:00 am – 3:00 pm, which includes:

- Planting and harvesting organic produce and herbs
- Cooking healthy recipes and playing nutrition educational games
- Exploring environmental science through adventures and events
- Sports activities and yoga
- Creative arts and crafts and nature activities
- Professional instruction for children (6 hours, 5 days)
- Nutritious breakfast, lunch and snack provided everyday (we accommodate for allergies!)
- All supplies and natural, organic food
- Participation in a local farmers' market selling their own produce

Each themed week offers a variety of new activities and recipes!

When: Please check preferred weeks your child will be attending camp (maximum 25 children per week):

- **Series A:** June 11 through June 15
- **Series B:** June 18 through June 22
- **Series C:** June 25 through June 29
- **Series D:** July 2 through July 6 (pro-rated)
- **Series E:** July 9 through July 13
- **Series F:** July 16 through July 20
- **Series G:** July 23 through July 27
- **Series H:** July 30 through August 3
- **Series I:** August 6 through August 10
- **Series J:** August 13 through August 17
- **Series K:** August 20 through August 24
- **Series L:** August 27 through August 31

Tuition: Early bird special until January 31, 2012 \$695,* then fee will increase.

- * 15% discount for first sibling, 10% for each additional sibling.
- * Fee may be partially covered by health insurance, or by a flexible savings account.
- * 15% off total for multiple weeks.

Bus Transportation is available for an additional fee per week based on the number of children departing NYC from centralized public pick-up/drop-off points.

Why? Proven results that **HealthBarn USA** programs change behavior by enabling families to experience traditional values that drive healthy, wholesome lifestyles – lifestyles that have become overshadowed by today's fast-paced, fast-food culture.

Where: **ABMA's Farm** located at 700 Lawlins Road in Wyckoff, NJ. 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.

To enroll: Please contact Molly Fallon at 201-891-2066.

For more information check out: www.healthbarnusa.com

Weekly in June, July & August, Monday through Friday 9:00 am – 3:00 pm

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



strong bodies healthy minds