



Summer
Camp

ages
5-12



Healthy-lifestyle education for children & families

The HealthBarn® USA Summer Camp program is an exciting farm 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 week campers will participate in a final “mystery” event to celebrate their achievement. Campers also have the opportunity to sell their own produce at **HealthBarn USA**’s farm stand at Suffern Farmers’ Market, Suffern, NY throughout the summer season. **HealthBarn USA**, the leader in proven healthy-lifestyle education, offers a one-of-a-kind opportunity for your child to be active by experiencing 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 Suffern Farmers’ Market selling their own produce

Each 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 14 through June 18
- **Series B:** June 21 through June 25
- **Series C:** June 28 through July 2
- **Series D:** July 5 through July 9
- **Series E:** July 12 through July 16
- **Series F:** July 19 through July 23
- **Series G:** July 26 through July 30
- **Series H:** August 2 through August 6
- **Series I:** August 9 through August 13
- **Series J:** August 16 through August 20
- **Series K:** August 23 through August 27
- **Series L:** August 30 through September 3

Tuition: Early bird special until March 31, 2010 \$675,* 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.

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 call 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