



## SCHOOL FIELD TRIPS

### HEALTHY-LIFESTYLE FIELD TRIPS FOR CHILDREN

HealthBarn USA, based in Wyckoff, NJ, is the leader in unique healthy-lifestyle education for children aged 6-11 and their families who will benefit from guidance on food, nutrition and health. In partnership with ABMA's Farm & Market, the 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, health and agriculture. The curriculum was designed by our team in collaboration with experts from Rutgers Cooperative Research and Extension and overseen by our nationally recognized advisory board.

**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.
- ✓ Participating in making and tasting a delicious recipe.
- ✓ Hands-on nutrition education activity.
- ✓ Learning to be a Supermarket Spy Kid (includes food label reading and visit to Farm Market).
- ✓ Healthy-lifestyle take-home bag.

**WHEN?** September 2007 – June 2008 (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 30 children per trip  
(Transportation not provided to and from Farm)

**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 Stacey Antine, MS, RD to book a field trip. Check out [www.healthbarnusa.com](http://www.healthbarnusa.com) for more information.