



## 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 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.

HealthBarn USA brings together a credentialed team of food, nutrition and agriculture experts who also teach the children important environmental concepts such as local and organic farming; sustainability; composting; recycling; and animal stewardship. This unique, hands-on program was developed with guidance from our esteemed advisory board and in collaboration with our academic partner – Rutgers Cooperative 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.
- ✓ Participating in making and tasting the Rainbow Swirley, 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 2008 – June 2009

**FEES:** Ages 6-15: \$20 per child; Ages 3-5: \$10.00 per child *or a minimum of \$200.00 per trip.*  
**Deposit Required:** \$25.00 to confirm trip -- maximum of 30 children per trip.

**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 at 201-891-2066 to book a field trip. Check out [www.healthbarnusa.com](http://www.healthbarnusa.com) for more information.