

To download a free PDF your copy of
the Food and Fun Camp Program Guide
visit www.centralwellnesscoalition.com



Central
Health

Food and Fun Camp Program



For more information contact
your local Public Health Nurse or
Regional Nutritionist-Jill Wheaton, BSc, RD
3 Bell Place, Gander, NL, A1V 2T4
T. (709) 651-6335
email jill.wheaton@centralhealth.nl.ca

A community based health
initiative for children
and their families.





- Uses a hands on approach to promoting healthy eating, physical activity, smoking prevention and injury prevention.
- For children generally ages 8-10.
- Create partnerships for kitchen facility and administration of the program.
- Great program for employed summer students to facilitate.
- Learn about healthy eating and food preparation.

- Compliments Ticker Tom program and messages.
- Free program guides, support and training is available.



Can be offered with minimal costs and resources.

Partner with organizations or businesses in your community to help support a Food and Fun Camp in your area.

