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



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

May 2015



## Central Health Food and Fun Camp Program



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.





 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.

