**C.H.A.M.P. Camp**

Children’s Healthy Activity and Meal Planning

**July 25 - 29, 2022**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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| 7:30 a.m. – 9 a.m. | Early Arrival  
Puzzles, Games, Videos |
| 9 a.m. – 9:45 a.m. | Physical Activity |
| 9:45 a.m. | Restroom |
| 10 a.m. – 11 a.m. | Kitchen Activity  
Learning to Measure |
| 11 a.m. – noon | Cooking Activity  
Build Your Own Personal Pizza |
| Noon – 1 p.m. | Lunch & Clean Up |
| 1 p.m. – 1:45 p.m. | Nutrition Lesson |
| 1:45 p.m. – 2:30 p.m. | Physical Activity |
| 2:45 p.m. – 3:00 p.m. | Restroom |
| 3 p.m. – 3:45 p.m. | Crafts & Snack |
| 4 p.m. | Camp Ends |
| 4 p.m. – 5:30 p.m. | Late Departure  
Puzzles, Games, Cooking Videos |

**A Day at C.H.A.M.P. Camp**

**2017:** 25 kids attended  
**2018:** 25 kids attended  
**2019:** 25 kids attended  

Camp continued during the pandemic in a virtual format and was a huge success! Here is what they said:

- **Do you plan to cook more at home after coming to Camp?** 88% Yes!

**What do you think we should learn to cook at camp next year?**
- Spaghetti
- Cookies
- Real sushi
- Eggs

**Other comments:**
- Do it again next year!
- More crafts.
- You wish I could come next year.
- I loved the camp...the coaches are just awesome!
- Please do it next year.
- Thanks for the great experience!

**NUTRITIONAL SCIENCES**
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Oklahoma City, OK 73117-1215  
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Email: champcamp@ouhsc.edu

On Friday, July 29, family members are invited to eat lunch with campers for the finale luncheon. Camp is dismissed at 1:30 p.m. on Friday. Childcare is available until 5:30 p.m. if needed.
**C.H.A.M.P. Camp**

**WHO:** Boys and girls entering fifth, sixth or seventh grade in fall 2022 may apply.

**WHAT:** C.H.A.M.P Camp is a five-day introduction to healthful eating & physical activity through fun, hands-on projects with OU Health Sciences Center nutrition professors, graduate students & interns who are in training to become Registered Dietitians.

**WHEN:** July 25 to 29, 2022

- Camp hours: July 25 through 28: 9 a.m. to 4 p.m.
- July 29: 9 a.m. to 1:30 p.m.
- Early arrival as early as 7:30 a.m.
- Late pickup up to 5:30 p.m.

**WHERE:** College of Allied Health Building, 1200 N. Stonewall Ave., Oklahoma City, OK at the University of Oklahoma Health Sciences Center.

**WHY:** Kids who participate in shopping and cooking are more likely to eat a healthy diet. Regular physical activity helps prevent obesity and chronic disease.

**C.H.A.M.P Camp** blends traditional nutrition education with hands-on experience and academic learning.

**COACHES** are dietetic interns and master’s degree program students in training to become Registered Dietitians. In addition to their knowledge of nutrition and cooking, C.H.A.M.P. Camp coaches know about physical activity, too.

**CAMP DIRECTOR** is Brian dela Cruz, M.S., R.D., L.D., a Registered Dietitian and faculty member in the Department of Nutritional Sciences since 2011. In addition to teaching and being the Dietetic Internship Director, Professor dela Cruz has a certificate of Training in Adult Weight Management.

**COST:** $195 is the total cost of the camp and due on June 27, 2022, with the completed and signed application, permission slip, and payment. Checks or money orders should be payable to “OUHSC.” To go to the Nutritional Sciences store and pay by credit card, click [here](https://alliedhealth.ouhsc.edu/Departments/Nutritional-Sciences/CHAMP-Camp).

**WEBSITE:** For more information, go to the C.H.A.M.P. Camp website at [https://alliedhealth.ouhsc.edu/Departments/Nutritional-Sciences/CHAMP-Camp](https://alliedhealth.ouhsc.edu/Departments/Nutritional-Sciences/CHAMP-Camp).

**FOR QUESTIONS CONTACT:**
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The University of Oklahoma is an EO/AA Institution. [www.ou.edu/eoo/](http://www.ou.edu/eoo/). For accommodations on the basis of disability, please call 405-271-2113.