



**COLLEGE OF ALLIED HEALTH**  
The UNIVERSITY of OKLAHOMA HEALTH SCIENCES



*"In a world full of fast food and fad diets, CHAMP Camp aims to equip children with knowledge and practical skills they need to make informed, healthy choices that last a lifetime."* Younes Rebbaj, CHAMP Camp Director

*"CHAMP Camp offers a unique opportunity for children to increase their nutrition knowledge while also learning how to perform basic cooking skills in a safe and encouraging environment. I was in awe of their enthusiasm to learn, their willingness to try new foods, and their eagerness to participate in each activity."* Elizabeth Donohue, CHAMP Camp Coach

# A DAY AT C.H.A.M.P. CAMP

8 a.m. – 9 a.m.	Early Arrival Puzzles, Games, Videos
9 a.m. – 9:45 a.m.	Nutrition Lesson
9:45 a.m.	Break
10 a.m. – 11 a.m.	Kitchen Activity Learning to Measure
11 a.m. – noon	Cooking Activity Build Your Own Pizza
Noon – 1 p.m.	Lunch & Clean Up
1 p.m. – 1:45 p.m.	Nutrition Lesson
1:45 p.m. – 2:30	Physical Activity
2:45 p.m. – 3:00	Break
3 p.m. – 3:45	Crafts & Snack
4 p.m.	Camp Ends
4 p.m. – 4:30 p.m.	Late Departure Puzzles, Games, Videos

**REGISTER NOW!**

**C.H.A.M.P. CAMP**

**CHILDREN'S HEALTHY ACTIVITY  
AND MEAL PLANNING**

**JULY 7 – 11, 2025**

## Campers have told us:

*"Do it again next year!"*

*"More crafts"*

*"You did great, guys"*

*"Beautiful experience"*

*"I wish I could come next year"*

*"The coaches are awesome!"*

*"I can't wait to cook at home!"*

On Friday, July 11,  
family members  
are invited to enjoy lunch  
prepared by the campers.  
Camp is dismissed following  
lunch at 1:30 p.m.



## NUTRITIONAL SCIENCES

College of Allied Health Building  
1200 North Stonewall Avenue  
Suite 3057  
Oklahoma City, OK 73117-1215  
**Phone: (405) 271-2113**

**Email: [champcamp@ouhsc.edu](mailto:champcamp@ouhsc.edu)**

**WHO:** Children entering 5th – 7th grade in fall 2025 may attend.

**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 7 to 11, 2025

Camp hours:

July 7–10: 9 a.m. to 4 p.m.

July 11: 9 a.m. to 1:30 p.m.

*Early arrival as early as 8:00 a.m.*

*Late pickup up to 4:30 p.m.*

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

**WHY:** Children 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 dynamic nutrition education with hands-on experiences.

**Coaches** are 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 Director** Younes Rebbaj, MS, MBA, RDN/LD, is a Registered and Licensed Dietitian and faculty member in Nutritional Sciences. With expertise in nutrition, education and leadership, he brings passion and vision to CHAMP Camp. Committed to hands on learning, he empowers participants with the knowledge and skills to make lifelong, health-conscious choices.

**COST:** \$220 due by June 2, 2025, along with the completed and application and signed consent form.

**WEBSITE:** For more information, visit [link.ou.edu/champcamp](http://link.ou.edu/champcamp)



**FOR QUESTIONS CONTACT:**

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