

REGISTER NOW!



COLLEGE OF ALLIED HEALTH
The UNIVERSITY of OKLAHOMA HEALTH SCIENCES

C.H.A.M.P. CAMP

CHILDREN'S HEALTHY ACTIVITY AND MEAL PLANNING

JULY 8 – 12, 2024



25 kids attended C.H.A.M.P. Camp in 2018, 25 came in 2019, 22 came in 2022, and 22 came in 2023. Camp continued during the pandemic in a virtual format and was a huge success!

88%

plan to cook more at home after coming to camp

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

7:30 a.m. – 9 a.m.	Early Arrival <i>Puzzles, Games, Videos</i>
9 a.m. – 9:45 a.m.	Nutrition Lesson
9:45 a.m.	Restroom
10 a.m. – 11 a.m.	Kitchen Activity <i>Learning to Measure</i>
11 a.m. – noon	Cooking Activity <i>Build Your Own Personal Pizza</i>
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	Restroom
3 p.m. – 3:45	Crafts & Snack
4 p.m.	Camp Ends
4 p.m. – 5:30 p.m.	Late Departure <i>Puzzles, Games, Cooking Videos</i>

Here is what they said:

"Do it again next year!"

"More crafts."

"You did great, guys."

"I wish I could come next year."

"I loved the camp...the coaches are just awesome!"

C.H.A.M.P. Camp is a summer day camp

On Friday, July 12, 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.

WHO: Boys and girls entering fifth, sixth or seventh grade in fall 2023 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 8 to 12, 2024

Camp hours:

July 8-11: 9 a.m. to 4 p.m.

July 12: 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.

COST: \$220 is the total cost of the camp and due on June 30, 2024, with the completed and signed application, permission slip, and payment. Checks or money orders should be payable to "OUHSC."

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 Brian dela Cruz, M.S., RDN/LD, is a Registered Dietitian and faculty member in the Department of Nutritional Sciences since 2012. In addition to teaching and serving as the Dietetic Internship Director, Professor dela Cruz has a certificate of Training in Weight Management through the Academy of Nutrition and Dietetics.



WEBSITE:

For more information, visit link.ou.edu/champcamp



FOR QUESTIONS CONTACT:

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NUTRITIONAL SCIENCES

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