**C.H.A.M.P. Camp, At Home!**


**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
- Totally!!!!!!!
- Real sushi
- Eggs

**Other comments:**

- 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!
- Please do it next year.
- Thanks for the great experience!

**DISCLAIMER:** The College of Allied Health is offering these free pre-recorded cooking lesson tutorials and activities, to help teach minors and their families how to create fun easy and healthy meals. It is strongly recommended that parents or guardians provide supervision the entire time their children are utilizing all types of cooking utensils, cutlery, ingredients, and kitchen appliances that may be required in making the meal, to ensure the safety of their children. The choice to participate, view and use these cooking tutorial videos is voluntary and as such the College of Allied Health and the Board of Regents for the University of Oklahoma Health Sciences Center are not responsible for any accident or injury that may occur to those who chose to watch these videos and make these meals.

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**A Sample Day at ^ C.H.A.M.P. Camp, At Home!**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity/Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.– 9:50 a.m.</td>
<td>Pre-recorded Nutrition Lesson &amp; Activity</td>
</tr>
<tr>
<td>9:50 a.m.</td>
<td>Break</td>
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<tr>
<td>10 a.m.</td>
<td>Morning snack activity</td>
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<tr>
<td>10:30 a.m.</td>
<td>Pre-recorded Kitchen Activity</td>
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<tr>
<td>11:30 a.m.</td>
<td>Cooking Activity</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Lunch &amp; Clean Up</td>
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<tr>
<td>1:30 p.m.</td>
<td>Pre-recorded Nutrition Lesson &amp; Activity</td>
</tr>
<tr>
<td>2: 20 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Afternoon snack Activity</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>Crafts</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Camp Ends</td>
</tr>
</tbody>
</table>

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**Children’s Healthy Activity and Meal Planning, At Home!**

July 26-30, 2021

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**NUTRITIONAL SCIENCES**

College of Allied Health Building
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Oklahoma City, OK 73117-1215
Phone: (405) 271-2113
Fax: (405) 271-1560
Email: Juli-Hall@ouhsc.edu
C.H.A.M.P. Camp, at Home!

**WHO:** Under the supervision of a parent/guardian, boys & girls entering 5th, 6th or 7th grade in fall 2021 are preferred. But children of any age who love to cook can participate!

**WHAT:** C.H.A.M.P Camp is a five-day introduction to healthful eating and physical activity through fun, pre-recorded project videos that were created by OU Health Sciences Center nutrition professors, graduate students and interns who are training to become Registered Dietitians/Nutritionists.

**WHEN:** July 26 to 30, 2021. The pre-recorded cooking tutorials & activities for camp will be posted & available to view on the following days and times: 9 a.m. to 4 p.m. July 26 through 29 and 9 a.m. to 1 p.m. on Friday, July 30.

**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, dela Cruz has a certificate of Training in Adult Weight Management.

**COST:** FREE!! No payment or donations are asked for the pre-recorded nutrition lessons or cooking demos. We encourage you to donate to your local food bank!

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

We ask that you register so we can send you links to the pre-recorded videos, C.H.A.M.P Camp recipe book, & guided curriculum for parents/guardians to follow. Video links will be posted at the website link above.

**FOR QUESTIONS CONTACT:**
Juli Hall Camp Administrator
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The University of Oklahoma is an EO/AA Institution. www.ou.edu/eoo/. For accommodations on the basis of disability, please call 405-271-2113.