

REGISTER NOW!

C.H.A.M.P. Camp



Children's **H**ealthy **A**ctivity
and **M**eal **P**lanning

July 10 - 14, 2023

Twenty-five kids attended *C.H.A.M.P. Camp* in 2018, 25 came in 2019, and 22 came in 2022. 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 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!*

NUTRITIONAL SCIENCES

College of Allied Health Building
1200 North Stonewall Avenue
Suite 3057

Oklahoma City, OK 73117-1215

Phone: (405) 271-2113

Fax: (405) 271-1560

Email: champcamp@ouhsc.edu

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 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 <i>Puzzles, Games, Cooking Videos</i>

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

On Friday, July 14, 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 through eighth grades 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 10 to 14, 2023

Camp hours:

July 10 through 13: 9 a.m. to 4 p.m.

July 14: 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.

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.

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., RDN/LD, 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.

COST: \$195 is the total cost of the camp and due on June 30, 2023, 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](#).

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

FOR QUESTIONS CONTACT:

Camp Administrator

405-271-2113

champcamp@ouhsc.edu

Department of Nutritional Sciences
1200 N Stonewall Ave, Suite 3057
Oklahoma City, OK 73117-1215

