

Program Description

Nurture and Higher Ground teamed-up to offer Nurture’s Food & Fun program to Higher Ground summer camp participants.

The five-week session, which took place in June and July, featured nutrition lessons and activities along with snacks to reinforce learning and encourage participants to try new foods.

Lessons were selected by Nurture instructors and were tailored to the specific needs of each age group.



Lesson Topics

“Go” vs. “Slow” Foods



Breakfast



Eat a Rainbow



Sensational Snacks



My Plate



Participant Feedback

Nurture’s Food & Fun program was a great success in the eyes of Higher Ground leaders, counselors and most importantly, participants. 80% of participants who completed the exit survey responded that Nurture was a beneficial part of the Higher Ground summer program.

Participant comments:

“It was really fun!”

“I learned to eat healthy!”

“I enjoyed the discussions and the games, especially Jeopardy!”





Higher Ground Program Results - Summer 2013

My favorite thing about the program was:

“Everything!”

“Making smoothies”

“The games!”

“Yummy food.”



My least favorite thing about the program was:

“I liked it all!”

“Nothing!!”

The most important thing I learned from the Nurture Food and Fun program was:

“I learned to eat healthy!”

“I learned to eat the rainbow.”

“Food helps our bodies grow.”

