

Program Description

Jewish Council for Youth Services' Champ Camp in Highland Park, IL is a 5 week summer camp that promoted a healthy life-style through a combination of swimming, tennis, fitness, and nutrition education. Nurture partnered with Champ Camp in June and July 2012 to provide the nutrition curriculum, recipes used during camp and Lentil Tostadas for the end of camp celebration. Nurture also participated in the pre-camp parent session by providing suggestions for how parents could reinforce healthy nutrition messages at home.



Overall Results from Parent Survey – 33 Responses

- 100% of parents said their child greatly enjoyed Champ Camp
- 97% of parents said their child is trying to eat more nutritious foods since attending Champ Camp
- 100% of parents said their child is playing more actively since attending Champ Camp
- 97% of parents said their child has more interest in health since attending Champ Camp
- 100% of parents said their child is more willing to try new things and more open to new experiences because of Champ Camp

Some Comments from Participants (Many translated from Spanish)

“My children have attended camp for two years and in those two years they have been able to learn to swim in the deep-end and learn to eat healthy. They are very excited to swim with older campers. Thank you for all the effort you put in for all of them.”

“My son has really liked this experience at Champ Camp. He would really like to be able to attend next year. He has gotten better at healthier eating.”

“My daughter is very happy for having learned to eat healthier and having lost her fear of swimming. Thank you for everything. We hope to come back next year.”

“She was fascinated to attend and it helped her out a lot because now she makes her own fruit smoothies. She now likes to try new things. I want to thank you for all that you have done.”

“It was a marvelous opportunity that my daughter has had this summer. She has enjoyed herself and learned new things. Thank you very much for all your effort and dedication and for making unforgettable memories.”

“Ivan is now making better choices with healthy foods. He enjoys coming to camp every day. He started having fun and playing with friends. “

