

Program Description

Jewish Council for Youth Services' Champ Camp in Highland Park, IL is a 5 week summer camp that promotes a healthy life-style through a combination of swimming, tennis, fitness, and nutrition education. Nurture partnered with Champ Camp in June and July 2013 to provide the nutrition curriculum and 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. 71 elementary aged campers attended the camp.

Overall Results from Parent Survey – 36 responses

- 100% of parents said their child greatly enjoyed Champ Camp
- 100% of parents said their child has talked about the things he/she learned at Champ Camp
- 78% of parents said their child is trying to eat more nutritious foods since attending Champ Camp
- 94% of parents said their child is playing more actively since attending Champ Camp
- 94% of parents said their child has more interest in health since attending Champ Camp



Parent Comments (some translated from Spanish)

- [My child] “Learned to swim better, float, and eat more vegetables.”
- [My child] “Has shown an interest in healthy foods and interest in learning more sports such as swimming and tennis.”
- “We are very thankful for this program; it has helped my daughter overall have more confidence in herself. She has learned to swim. Thanks to this program she is more aware of her nutrition.”
- [My children have gained] “More responsibility and more confidence in their abilities.”
- “She is very happy. She is surer of herself and overall has more motivation in regards to participating in sports and healthy eating.”
- [My child] “Has a desire to do sports, eat healthier, and is very happy with camp.”
- [My child has gained] “Friendship, better health, has learned to be less shy, to take turns and is more social.”
- [My child has gained] “Improved swimming skills and much more focus on nutrition.”