



Healthy-lifestyle education for children and their families

Imagine an experience for your child that will provide nutrition, health and weight guidance in a fun, natural setting....

Hear the excitement in your child's voice telling you about a day at the farm and learning about healthy living....

Think how you'll feel knowing that your child is able to make the right choices for better health, choices that you will be able to support....

HealthBarn® USA, the leader in healthy-lifestyle education offers a one-of-a-kind opportunity for your child to work on a farm, grow and harvest fruits and vegetables, and learn about nutrition by experiencing fresh seasonal food – all on the spectacular, 30-acre ABMA's family farm of Wyckoff, New Jersey.

Children will benefit from...

Seasonally based programs for children

Gaining the knowledge and the skills essential to living a healthy lifestyle.

Research-based nutrition education

Learning how to choose foods that are good for you and how to prepare recipes that are tasty, too.

Self-esteem development

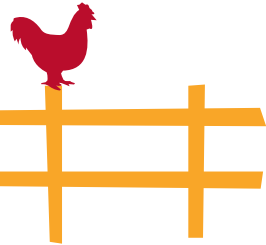
Developing confidence and leadership skills through group activities.

Working on a farm

Experiencing the natural cycle of fresh, unprocessed seasonal food.

Physical activity

Become excited about exercising while doing farm activities, taking nature walks and more.



Parents will benefit from... Parent workshops

Learning to create a healthy home and how to talk with your children about food, weight and health.



Why

To learn the traditional values that drive healthy, wholesome lifestyles – lifestyles that have become overshadowed by today’s fast-paced, fast-food culture.

Who

Children, ages 6-11, and their families

When

Spring 2005: April 26 – June/July

Summer 2005: Begins July 5

Classes for Children

Series A	Tuesdays	4 to 6 pm
Series B	Wednesdays	4 to 6 pm
Series C	Thursdays	4 to 6 pm
Series D	Saturdays	9 to 11 am

Workshops for Parents

Tuesdays	10 am	11 am	2 pm
Wednesdays	8 am	11 am	2 pm
Thursdays	10 am	11 am	2 pm
Saturdays	9 am		

Workshops can be adjusted to accommodate your schedule.

Where

At ABMA’s Farm & Market in Wyckoff, NJ, since 1935, where 75 seasonal varieties of vegetables are grown and where lots of rabbits, pheasants, goats, chickens, and other animals call home.

Minutes from the Wyckoff business district and just 30 miles from New York City.



HealthBarn USA

Empowering children to live strong, energetic lives

Our seasonal programs combine research-based nutrition education, physical activity and self-esteem development in an entertaining, high-energy learning environment.

The authentic farm provides a natural environment to engage children and help them adopt healthy behaviors. The weekly parent workshops give parents the skills necessary to support healthy living at home.

The HealthBarn USA team brings together trained professionals who are experienced in working with children and experts in nutrition, health, and agriculture. The unique program curriculum was developed in collaboration with our academic partner – Rutgers Cooperative Research and Extension, and with guidance from our advisory board.

Team

Stacey Antine, MS, RD, founder, and Tami J. Mackle, MS, RD, director of programs, lead a select team of nutrition, health, and agriculture experts who are committed to providing a fun and dynamic learning experience for children and their families.

Curriculum

The program curriculum takes into consideration the needs of children and their families. It was developed in collaboration with Dr. Debra Palmer Keenan and her research team from the nutrition sciences department at Rutgers Cooperative Research and Extension at Cook College and Joel Flagler and his team of Master Gardeners at Rutgers Cooperative Research and Extension of Bergen County, a part of the New Jersey Agricultural Experiment Station.

Program Package

Initial 1-hour private consultation

Children attend a 2-hour session each week for 12 weeks

Parents attend a 1-hour session each week for 12 weeks

Weekly e-mail personal progress updates

Access to members only HealthBarn USA website

Healthy snacks included!

Fees

All inclusive package for \$120 per week for 12 weeks

10% discount for siblings

Fee may be income tax deductible, partially covered by health insurance, or by a flexible savings account

Registration

Space limited. Enroll today! Call 201-891-2066 or email us at info@healthbarnusa.com

HealthBarn USA, Inc.

Stacey Antine, MS, RD

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Tami J. Mackle, MS, RD

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