

Wild About 4-H Food and Fitness!

What You Should Know...



4-H Camp Grant Walker is located at:
3000 Hwy. 8,
Pollock La.

Emergency Phone Numbers:
Day- 318-765-7209
Night- 318-792-0024

March 17-18,
2012

Eligibility

Space is limited to 100 campers or 25 teams. Campers should be in 4th-6th grade. Teams are composed of 4 campers and 2 volunteers (teen and/or adult). The volunteers attending with the group will be responsible for providing supervision for campers.



Louisiana 4-H is an educational program of the LSU AgCenter.

The weekend Food and Fitness camp experience is designed for teams of youth and adults to develop knowledge and skills in the area of food and nutrition, diet and fitness, along with building teamwork skills. One of the objectives of the camp is to have teams return to their local programs and share some of their camping experiences with others.

The weekend camp is planned and produced by the State 4-H Food and Fitness Board. This board is comprised of teens from throughout the state along with adult volunteers and 4-H faculty.

Camping is one of the most valuable experiences a child can have. It is a learning experience that helps boys and girls appreciate the outdoors, live together as a group, get along with others, and appreciate people with different interests and backgrounds.

Safari Service!

Campers are encouraged to bring unused stuffed animals to camp as donations to children's hospitals statewide.



What to Expect:

- Staying in a cabin
- Hands-on workshops
 - Nutrition
 - Food Safety
 - Food Preparation
 - Healthy Living
- Physical Fitness activities and recreation
- Special Evening Program



What to Bring!

- 2 SINGLE SHEETS OR SLEEPING BAG
- 1 BLANKET
- 1 PILLOW AND PILLOWCASE
- TOWELS AND WASHCLOTHS
- SHOWER SHOES
- SOAP, TOOTHBRUSH, AND TOOTHPASTE
- SHOES- TENNIS OR OTHER COMFORTABLE TYPES (ALL CAMPERS MUST WEAR SHOES)
- COMFORTABLE CLOTHES
- Safari/Jungle outfit for Saturday night

It is the policy of the LSU AgCenter, Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on grounds of race, color, national origin, gender, age, religion, or disability. If you have a disability which requires special assistance to participate in any aforementioned activity, please contact your parish 4-H office.