



Food & Fitness Camp

Saving Our Families One Meal at a time!

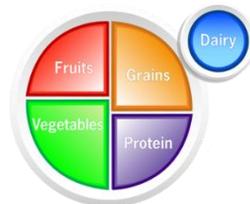
February 22-23, 2014

TOTAL FEES: \$75 per team

Eligibility: 4-H members in grades 4-6 only. Each team consists of one camper and one adult.

All adult participants must complete a free online training program for Overnight Chaperone Certification. Participants are responsible for arranging personal transportation to and from camp. Contact the 4-H Office for details at 318-574-2465.

REGISTRATION OPENS:
January 2, 2014
REGISTRATION DEADLINE:
January 31, 2014



Limited to first 60 teams to register!

See complete registration information on back!





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Food & Fitness Camp weekend is a team experience! Youth and adults work together as a team to learn and develop skills in nutrition, diet and fitness. Teams consist of one camper in grades 4-6 and one adult partner, which can be a parent, grandparent or other caregiver. We hope each team will leave with exciting new ideas to share with 4-H members back home.

Register right away!

The camp weekend is planned and lead by the State 4-H Food & Fitness Board – teen leaders from all over the state along with adult volunteers and 4-H faculty.

Here's what you can expect:

- Meet new people
- Enjoy cabin-style camping
- Learn to prepare healthy foods in hands-on workshops
- Learn new ways to get fit with fun physical activity exercises
- Join in for a colorful "My Plate Walk!"



REGISTRATION FORM

4-H MEMBER NAME: _____

SCHOOL: _____ GRADE: _____

ADULT LEADER NAME: _____

RELATIONSHIP: _____

MAILING ADDRESS: _____

PHONE: _____ CELL: _____

EMAIL: _____

T-SHIRT SIZES: _____S _____M _____L _____XL _____2XL



Visit our website at: www.lsuagcenter.com

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