

ACA Ohio Grant 2015

4-H Camp Ohio
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Garden to Table

This is a new hands-on nutritional/garden program for 4-H Camp Ohio. Campers will learn the importance of fresh foods and how they are grown. Healthy eating habits and nutritional guidelines will be discussed during the class. Campers will gain the experience of working with their hands in the raised bed gardens. They will assist camp staff in garden maintenance and upkeep, creating a sense of community at camp. They will harvest specialty items to supplement the salad bar during meals.

Purpose

As one of the largest camp corporations in the state of Ohio, 4-H Camp Ohio has one of the most diverse demographic systems for our counties served. Our demographic system ranges from highly urban areas to the extremely rural. A median example includes the both urban and rural communities as well as the "middle of the road" household. Across the board our counties on a local level face youth with nutritional deficits, childhood obesity, and reduced physical activity. This program will allow 4-H camp Ohio to implement a new self sustaining, life skills program, as well as continue current program objectives that focus on nutrition and physical activity.

At 4-H Camp Ohio, we strive to provide experiences for campers to help them grow in their daily lives. This program will allow camper to work together building communication and cooperation skills, while learning about healthy lifestyles and eating habits. They will develop lifelong self-sustaining life skills and the confidence to know that they can feed themselves. Campers will also learn an appreciation for where their food comes from. Environmental aspects including: sunlight, growing season and conditions and best management practices will also be included as part of the lesson.

Long terms goals for the program include: teaching campers the ability to make healthy food choices, benefits of working with your hands, environmental sustainability, alternative life styles habits, and the benefits of home grown food and physical activity. By learning and working together, campers will also build positive social interaction skills and develop a unique community based attitude while at camp.

A general class outline is as follows:

5 minute – intro to class

10 minutes – gardening overview, where does food come from, why is fresh produce important

30 minutes – time in the garden: pulling weeds, harvesting produce for the next meal, gardening techniques

15 minutes – clean up tools and wash hands

Budget

The following items will be needed for the Garden to Table program:

Raised beds (lumber, hardware)	\$700
Soil	\$500
Tools	\$100
Seeds/Plants	\$100
<u>Lesson Materials</u>	<u>\$100</u>
	\$1,500

Timeframe

We plan to have the raised beds built and placed in March. As soon as the beds are placed, they will be filled with soil and prepped. Seeds will be started by camp staff depending on the growing season. Classes will be held during the summer camping season: June-August.

The program is a pilot program but is being planned as an on-going program. After the first year, more variety will be added, as well as, additional beds or growing methods.