



The Farm-to-Table program, developed by Michelle Hoover, a registered dietitian and director of Be Valent Inc., aims to educate children and their families about healthy eating and lifestyle choices, with the ultimate goal of improving community health. Through various cooking activities, children will develop the ability to discern between healthy and unhealthy snacks. Additionally, they will engage in group literacy activities to enhance their understanding of nutrition. The program also provides families with valuable information on how to incorporate the program's themes into their daily lives at home.

## OUR MISSION

Our mission is to prevent and control childhood obesity in our communities. Practicing healthy behaviors during childhood is essential for:

- Promoting growth, development, and health
- Preventing immediate health problems
- Laying the foundation for lifelong health and reducing the risk of chronic diseases

**Ages: 9-12 years old**  
**The cost is: \$75.00/**  
**Session.**

Session 1: July 17- 20

Session 2: July 24- 27

Session 3: July 31- Aug 3

Session 4: Aug 7- 10

**The time of each session will be**  
**(10am to 11am)**

### **Camp Sessions include:**

- One-hour sessions of interactive learning
- Snack

"Straight off the farm" Camp t-shirt

**\*An adult must attend with the child**

To register call : (314) 585-2035 #3