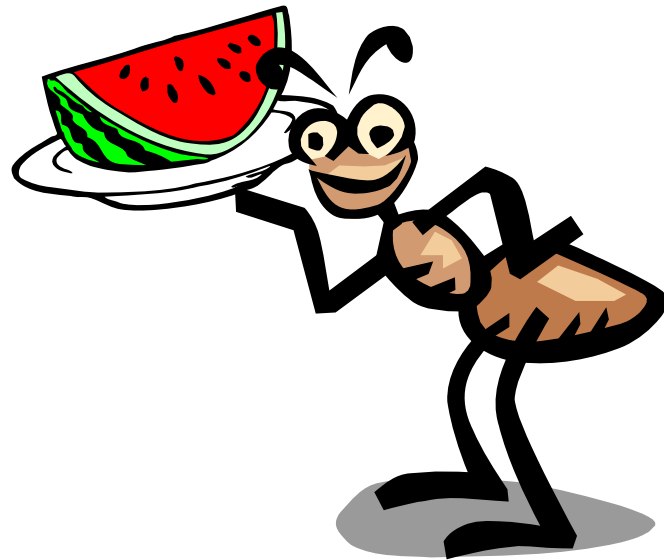


Growin' Yer Grub

Summer Day Camp 2009

Coquille August 4-7

Coos Bay/N. Bend August 18-21



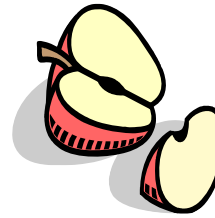
Conducted by Coos County—OSU Extension Service in cooperation with the Coos County Master Gardeners™, Coos County Family Food Educators, and 4-H Youth Development.



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Family Food Educators



Activities

Food and Nutrition Activities: These activities will include food and healthy snack preparation, nutritional information and activities, and food safety.

Gardening Activities: These activities will include soils, planting, insects (good and bad) and the use of tools.

Swim Time: Swim time will be spent at the Coquille or North Bend pool depending on location. Other activities will be provided as an alternative to swimming.

Special Speaker: We will have special speakers and activities to end each day, which will cover a special topic having to do with gardening or food preparation.

Go Home Activities: These activities will be provided by the Camp Counselors. There will be games or other activities in which the children can participate until they are picked up from camp.

Things to Bring

1. Sack Lunch
2. Swim Suit/ Towel
3. Walking shoes for the hike to the pool
4. Jacket in case of bad weather
5. Anticipation for having a GREAT time!!



Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy, and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, and Oregon counties cooperating. The Extension Service offers its programs and materials equally to all people.



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Camp Staff

Day camp staff will include the Master Gardener™, 4-H, Family Food Educators, and counselors from Coos County. Older 4-H members are selected and trained as camp counselors.

Daily Schedule

9:30 am Food/ Nutrition Activities
10:30 am Break
10:45 am Food/Nutrition Activities
12:00 pm Lunch (sack lunch, not provided)
12:45 pm Gardening Activities
1:30 pm Swim Time (Coquille or N. Bend Pool)
3:30 pm Return/Snack
4:00 pm Special Speaker and Activities
4:45 pm Games until Pick up

Happy



Children can be picked up around 5:00 pm. Lunch will not be provided to help keep the camp costs at a minimum. Children will need to bring a sack lunch each day. Refrigeration is available at the camp site. Afternoon snacks will be provided.

More Information

Further information about Growin' Yer Grub day camp is available from the Coos County OSU Extension Office, Ohlsen Baxter Building, 631 Alder St., Myrtle Point, OR 97458, or call 572-5263 ext. 242 or 286.



What: Growin' Yer Grub Summer Day Camp

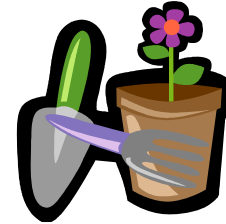
When: Coquille August 4-7

Coos Bay/ North Bend August 18-21

Who: This camp is open to anyone who has just completed the 3rd, 4th or 5th grade.

Cost: Cost is \$35.00 per camper. Scholarships are available. Please call to inquire about scholarship details. Due to site restrictions, the camp will be limited to 20 campers at each location to be filled on a first-come first-served basis.

Camp Program



The Growin' Yer Grub summer day camp program is a fun adventure in which campers will learn to grow their own food and what to do with it after they have grown it. It is a great way to have fun and make some new friends.

Camp Sites

Coquille: Methodist Church Pioneer, 180 N. Baxter

North Bend: Church of Christ, 2761 Broadway

Registration

All youth must register for the day camp by **July 24 for Coquille and August 7 for North Bend**. Fill out and mail the enclosed registration form with a \$35 check made payable to OSU-Coos County Extension Service. A separate registration form must be completed by each camper. Swimming fees are included in the registration fee. If you have a summer swim pass for you child, the fee for camp will be reduced.

