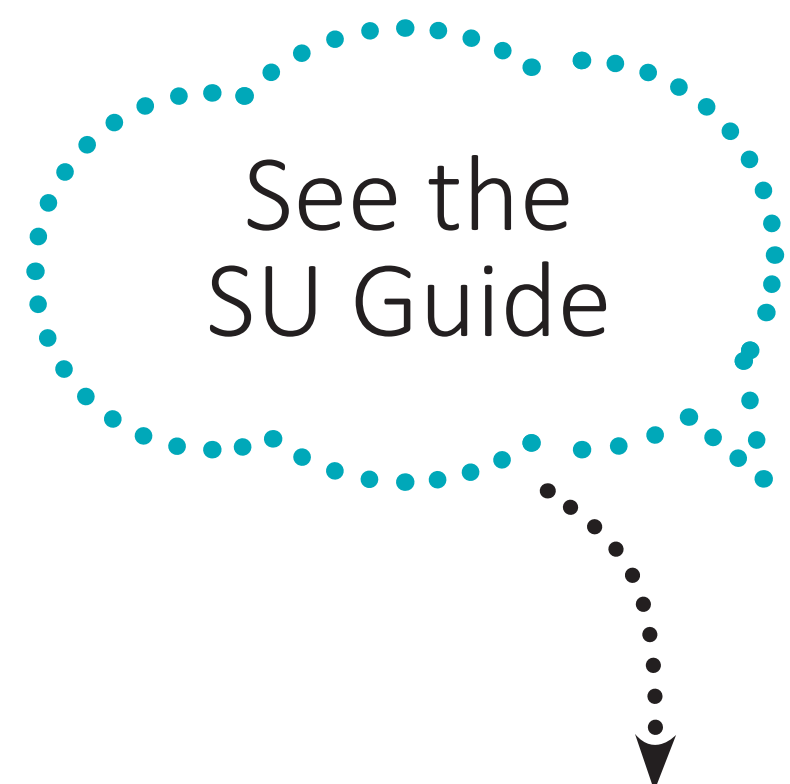




Eating healthy with campers... ...Thousands of flavours to discover!



41 In camp: Always have fun

Start with a drink of **water**.

71 Use **rewards** other than food. Be original!

During activities: Explore 10 36



Develop **culinary skills**. 74

Explore the journey of food from **farm to plate**. 75



Explore food with all **5 senses**. 75

Learn new **things**. 74



Introduce campers to **new** food. 73

72 At the table: No pressure

Let each camper decide when they are **full**.

Maintain a calm, enjoyable **atmosphere**.

Have pleasant **conversations** about food.



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