

Nutrition Connections Goes to Camp!

Robin Peters from UNH Cooperative Extension's Nutrition Connections Program provided nutrition classes to 36 campers in the Circle Program's summer camp on Spectacle Pond in Groton. Classes were held on their spacious porch overlooking the woods. The girls learned about "My Pyramid", portion distortion and food safety through hands on activities. They were especially surprised by actual portion sizes compared to the amounts they eat.

Girls who are referred to the Circle Program are ages 9 through 11 and live in the Plymouth, Laconia, Concord and Lebanon areas. They are referred to the program by teachers, guidance counselors and social service agencies. Most of the girls are eligible for free or reduced-price lunch. The Circle girls are bright, smart, talented kids with tremendous potential who need better opportunities to develop that potential.

At Circle camp, the girls learn to connect with their peers and be a part of a community. The camp curriculum is structured to promote leadership, team-building, healthy relationships, communication and responsibility. They also focus on the girls' physical well-being by promoting good nutrition, physical activity, and personal hygiene. The Nutrition Connections program complimented the camps philosophy and will continue to provide education for future campers.

