

Eat, Grow, Play Nature Camp – by Flourish Wholesome Foods

Program Details

Please note that this schedule is flexible and set to change based on what the campers are requiring for their own fun, comfort and learning.

Monday, August 10

9-9:30 – Outdoor play (while we await the arrival of all campers)
9:30-10:15 – Introductions, icebreaker activities, and games
10:15-10:30 – snack
10:30-11:00 – garden tour – plant identification – pick tomatoes
11:00- 11:45 – Outdoor Learning - nature walk, art project supplies collection, plant identification
11:45-12:15 – lunch – pumpkin mac and cheese with steamed veggies
12:15-12:45 – free play, lunch clean up, sunscreen reapplication
12:45-1:30 – cooking class – baking muffins
1:30-2:15 – outdoor play – will be using some water toys to cool off
2:30-3:15 – cooking class – bruschetta for pizza toppings
3:15-3:30 - snack – muffins and trail mix
3:30-4:15 – Art project – using nature to paint our aprons to use for the week
4:15-4:30 – tidy up, pack for home and outdoor play until pickup time

Tuesday, August 11

9-9:30 – Outdoor play (while we await the arrival of all campers)
9:30-10:15 – Garden Time – harvesting, watering and weeding – harvesting fresh greens
10:15-10:30 – snack
10:30-11:15 – Outdoor Learning - nature walk, art project supplies collection, plant identification
11:15- 11:45 – Recipe selection – selecting recipes for desert on Friday night
11:45-12:15 – Lunch – Bruschetta pizzas, veggies and hummus
12:15-12:45 – Free play, lunch clean up, sunscreen reapplication
12:45-1:30 – Cooking Class – banana & chia seed cookies
1:30-2:15 – Outdoor play – will be using some water toys to cool off
2:30-3:15 – Cooking class – granola
3:15-3:30 - Snack – banana cookies and fruit
3:30-4:15 – Art project – Mud Forest Faces
4:15-4:30 – Tidy up, pack for home and outdoor play until pickup time

Wednesday, August 12

9-9:30 – Outdoor play (while we await the arrival of all campers)
9:30-10:10 – Travel to farm

10:10-10:30 – snack @ Farm
10:30-12:30 – Farm Tour
12:30- 1:00 – Travel to Park
1:00-2:00 – Picnic in the park & leaf collection for craft
2:00-2:15 - Travel home
2:15-3:00 – outdoor play – will be using some water toys to cool off
3:00-3:15 - snack – granola, yogurt and berries
3:15-3:30 – cooking class – basic vinaigrette – for pasta salad and chicken kabobs
3:30-4:15 – Art project – Leaf printing on wooden tree slabs
4:15-4:30 – Tidy up, pack for home and outdoor play until pickup time

Thursday, August 13

9:30-10:15 – Garden Time – harvesting, watering and weeding – bugs in the garden
10:15-10:30 – snack – yogurt, granola and berries
10:30-11:30 – Cooking Class – bread making – fresh bread
11:30- 11:45 – Dinner planning for Friday night
11:45-12:15 – chicken kabobs, pasta salad and veggies
12:15-12:45 – free play, lunch clean up, sunscreen reapplication, bread into oven
12:45-1:30 - Outdoor Learning – Texture scavenger hunt for craft
1:30-2:15 – outdoor play – will be using some water toys to cool off
2:30-3:15 – cooking class – peach jam
3:15-3:30 - snack – fresh bread and peach jam with cheese
3:30-4:15 – Art Project – Texture prints in mud paint
4:15-4:30 – Tidy up, pack for home and outdoor play until pickup time

Friday, August 14

9:30-10:15 – Garden Time – harvesting, watering and weeding – prune tomatoes
10:15-10:30 – snack – muffins and fruit
10:30-11:45 – Cooking Class – preparation for tonight's dinner and roasted root vegetables
11:45-12:15 – Roasted root vegetables, soup and fresh greens salad with strawberry vinaigrette
12:15-12:45 – free play, lunch clean up, sunscreen reapplication
12:45-1:30 - Outdoor Learning - Nature inventory through quiet observation and journaling/sketching
1:30-2:15 – outdoor play – will be using some water toys to cool off
2:30-3:15 – cooking class – preparation for tonight's dinner
3:15-3:30 - snack – yogurt, granola and strawberries
3:30-4:15 – cooking class – final preparation of dinner
4:15-4:45 – Camp closing –children will take their families on a garden tour