



July 15-18, 2015
9:00am – 4:00pm
Arkansas State University



CALLING ALL 4TH, 5TH AND 6TH GRADERS!!

ARE YOU READY TO MAKE A HEALTHY CHANGE IN YOUR LIFE?

ARE YOU READY TO HELP MAKE A HEALTHY CHANGE IN YOUR SCHOOL?

ARE YOU READY TO LEARN MORE ABOUT FOOD AND HAVE FUN BY BEING ACTIVE?

ARE YOU READY FOR THE BEST SUMMER CAMP EVER?

THEN YOU'RE READY FOR The POWER of ME!

WHAT DO I NEED TO DO?

ASK YOUR TEACHER FOR MORE INFORMATION ABOUT The POWER of ME!

THEN SEND US A LETTER AND TELL US WHY YOU ARE READY FOR A HEALTHY CHANGE, YOUR HEALTHY IDEAS AND GOALS, AND A PHOTO OF YOURSELF!

This camp will be FUN!!

See food like you've never seen it before through hands on experimenting and tasting!

- Create a Kid's Cookbook with your own recipes
- Prepare the lunch meal each day and sample your own creations
- Go on a shopping expedition
- Understand more about labels and nutrient value of specific foods
- Participate in Chef Camp Cooking Competition with great PRIZES!!
- Understand the importance of being active through games, gymnastics, yoga, and even meet your favorite dance and sports teams from Arkansas State University!
- Learn the physiology of the body and how food, sleep, mood and mind all affect the body and how it performs every day.

DEADLINE FOR SUBMITTING IS APRIL 30, 2015

Send an email: info@mygenerationfoundation.org
Send by mail: **The POWER of ME!**
P.O. Box 3012
Jonesboro, AR 72403