

Camp Curriculum: Play with your Food
Academy of Art teams up with Salad Savoy for a week long summer camp with a special luncheon Friday, running four weeks out of the summer.

Summer 2015

June 8-12

June 22-26

July 6-10

July 20-24

100 Kids each week

8 Groups

12-13 kids per group

4 counselors per group

Time: 8am-5pm

Where: Golden Gate Park, San Francisco

Tentative Schedule

Monday: Potato Stamping

8am: Check-in

9: Introduction to the camp and morning exercise

9:30am: Breakfast

- Choice of Hash browns or Potato Pancakes
- Fresh Fruit
- Scrambled Eggs
- Fresh Squeezed Juice or Milk (non-dairy available)

10:15: The Importance of Compost: Each group will have their own compost bin. The group with the most compost in weight at the end of the week wins.

10:30pm: The Potato Story Show

11am: Get in to groups and meet your counselors (This will be their group for the week)

12pm: Lunch Time

- PB&J Sandwich
- Potato Salad
- Fresh Cut Veggies
- Fresh Squeezed Juice or Milk (non-dairy available)

1:00: Potato Stamping Art: Campers, with the assistance of counselors, will carve and create potato stamps. They will stamp on canvas aprons to use in the kitchen at home.

2:30: The History of the Potato

2:45: Potato Sack Race

3:30: Veggie and Fruit Kabob Snack

3:45: Free Time Activities

4:45: Recap of what they learned that day

5: Parent Pick-up



Tuesday: Natural Tye-Dye

8am: Drop-off

8:30: Meet with group and morning exercise.

8:45: Breakfast

- Beet Hash with Eggs
- Cheese cubes
- Fresh Squeezed Juice or Milk (non-dairy available)

9:20: Composting

9:30: The Beets and Berry Story Show

10:00: Get into groups and explain art project for the day
Tye-Dyeing with Beets and Berries
Choice of an Organic Cotton T-shirt or Tote Bag

12pm: Lunch

- Veggie Sandwich
- Berry Salad
- Fresh Veggie Sticks
- Fresh Squeezed Juice or Milk (non-dairy available)

1:00: Game

2:30: History of the beet and berry

3: Veggie and Fruit Kabob Snack

3:15: Free Time

4:15: Compost

4:45: Recap of what they learned that day

5: Parent Pick-Up



Wednesday: Painting with Veggies

8: Check in

8:30: Meet with group and morning exercise.

8:45: Breakfast

- Choice of a veggie omelet or fruit salad
- Cheese cubes
- Fresh Squeezed Juice or Milk (non-dairy available)

9:20: Composting

9:30: The Leafy green story show

10: Get into groups and explain the craft of the day

Painting with leafy greens, Creating a masterpiece on canvas.

Veggies: Celery, lettuce, broccoli, kale, etc. to be used to paint with.

12pm: Lunch

- Leafy Green Salad
- Apples and Peanut Butter
- Fresh Squeezed Juice or Milk (non-dairy available)

1: Compost

1:15: The History of the leafy green

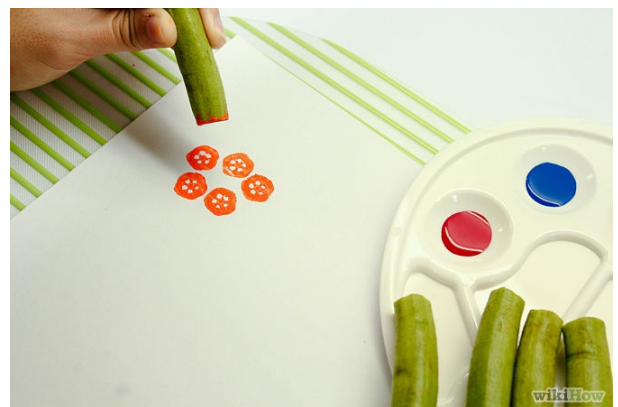
2: Game

3: Ants on a log snack

3:20: Peas in a pod craft

4:20: Free Time and recap of what they learned

5: Pick up



Thursday: Grow your own mini garden

8: Check in

8:30: Meet with group and morning exercise.

8:45: Breakfast

- Veggie Breakfast Casserole
- Fresh Fruit
- Fresh Squeezed Juice or Milk (non-dairy available)

9:20: Composting

9:30: The Veggie and Fruit Friendship Story

10: Get into groups and explain the craft of the day: Mini-Garden

Biodegradable pots that fit TWO plants

Choices of seeds: Basil, Rosemary, Cilantro, Carrots, Tomatoes, Peppers, Various Flowers and more.

12pm: Lunch

- Veggie grilled cheese
- Veggies with dipping sauce
- Fresh Squeezed Juice or Milk (non-dairy available)

1: Compost

1:15: The history of fruit

2: Game

3: Veggie Snack

3:30: Coffee Filter Apple Craft

4:30: Recap

5: Pick up

Friday: Family Luncheon

11am: Check in

12pm: Lunch

- Garden Burger on a wheat bun with all the fixings
- Fresh Garden Salad
- Fresh Fruits and Veggies
- Cheese Cubes
- Fresh Squeezed Juice or Milk (non-dairy available)

1:30: Final Compost

2: Get into groups and kids show their parents what they made and share what they learned

Counselor announces different awards for their groups: Golden Apple, Creative Carrot, Healthy Hero, and Sweetest Strawberry.

3: Winner announced for the compost winner and final wrap up

