



October 2015

# Around the Barn



Empowering children to lead the way to a healthier future.

## The Current Buzz

- **Holiday Camp for Teachers' Convention, November 5 & 6, 2015**, ages 5-12 from 9 - 3:00 pm. Looking for a sugar detox for your kids post-halloween? The Barn is the place to be... [Enroll Today!](#)
- **Winter Break Camp**, 12/28 - 12/31, ages 5-12 -- home for the holidays? Gear up for a happy and healthy New Year for 2016, [Get More Info!](#)
- **School Assemblies** -- engage your students in our one-of-kind healthy lifestyle assemblies that will transform them into expert taste testers in one day - guaranteed!
- **Nutrition Highlights for Schools!** Help keep your school families informed about food & nutrition hot topics! [Subscribe Today!](#)
- **School & Scout Field Trips** are booking now for 2016, [Schedule Today!](#)
- **Healing Meals** community cooking day for ill children and families, Saturday, 11/14, [Get Involved!](#)



Look what I found in the garden!

## Hot Topic: Lunchbox Blueprint

A recent study published in the *Journal of the Academy of Nutrition and Dietetics* revealed that lunches brought from home were frequently less healthy than those served in schools. We know that lunch - not dinner - is that meal that causes the most stress for families with school-aged children. So, we're here to help you with some great tips on how to make over your child's lunchbox.

[Read More Now...](#)

## Supermarket Spy Detects...

We just went back in time to discover the ancient super grain Freekeh, pronounced Free-kuh and wanted to share our discovery with you! It's loaded with muscle building protein, fiber and lots of vitamins and minerals! Freekeh is easy to cook -- 1 part freekeh to 2 1/2 parts water yields 4 cups! Its soft and crunchy texture is getting thumbs up from kids and moms (see our recipe below). Buy at Whole Foods Markets or online!

[Brands to Buy...](#)

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## Hands-On Recipe

### Crunchy Veggie Freekeh Salad:

This delicious salad brightens up lunch (or dinner) with crunchy veggies and the satisfying ancient super whole-grain Freekeh. This thumbs up meal combination provides protein, fiber, healthy fats, vitamins A and C and iron. The extras travel well in a lunchbox, too!



Freekeh is our new fav grain!

[Get the Recipe.](#)

**Kids can...** chop veggies, add ingredients and toss, salad, too!

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## Inspiring Thought for the Month!

"The law of harvest is to reap more than you sow. Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny,"  
James Allen

## HealthBarn USA is Moo-ving!

**News Flash!** We are excited to let you know about our **new location** at the Irene Habernickel Family Park in Ridgewood, NJ (formerly a 10-acre horse farm). We will be offering our signature healthy-lifestyle programs, camp and birthday parties in our new home with a teaching kitchen, multiple classrooms and organic children's production garden, [read](#)

[more!](#) We will be concluding our programs at Abma's Farm on Saturday, November 21, 2015 and will re-open in Ridgewood, NJ on 12/28 with our [Winter Break Camp](#). We are proud to partner with the Village of Ridgewood to create a healthy-lifestyle destination for families! We will share our expanded programs and updates soon! Stay tuned! Can't wait for you to visit!



1057 Hillcrest Road • Ridgewood, NJ 07450

winter break camp begins in our new location 12.28.15 - 1.4.16

[Seasonal Programs](#) | [Camp](#) | [Healing Meals](#) | [School Programs](#)

[The Blog](#) | [Calendar of Events](#)

Stay Connected



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(will be changing December 1, 2015)

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