



Kids Can Shine Mealtime Masters Camp:

Details and Registration Information:

Where: Kids Can Shine Therapy Clinic, Elora

When: August 19-23, 2024; 12-3 pm

Group Size: 4 attendees

Therapy Support: 15 therapy hours of support, run by Occupational Therapist

This will be an interactive afternoon camp for 5 days during the summer break. We will targeting mealtime and food exploration activities such as:

- Food exploration and comfort building to try new tastes
- Mealtime set up and table preparation
- Using tools for food preparation (ie: washing, peeling, chopping, blending)
- How to follow a recipe
- Measuring and choosing utensils
- Learning about nutrition and foods
- Ordering in a restaurant
- Packing your own lunch (what to choose, how to pack)
- Tools to continue to build adventurous eating opportunities

We will also have a special guest during the week (Registered Dietitian) who will help to teach and demonstrate knowledge about nutrition and food groups.

We will also be preparing 3 different recipes during the week that can be brought home!

Registration Deadline: April 1, 2024

To register please contact: Donna at (519) 820-4113 or donna@kidscanshine.com

Certificate of Attendance will be provided to all attendees!