

NUTRITION & LIFESKILLS

2026

LOUISE LIBRARY

CAMP

WEEK
1

YOGURT BAR & RELATIONSHIP SKILLS

June 11, 2026 2:00 pm. Campers will make healthy yogurt parfaits while learning positive friendship and communication skills.



VISION YOUR BEST SCHOOL YEAR

June 18, 2026 2:00 pm. Campers will create vision boards to inspire goals, confidence, and success for the new school year.

WEEK
2



WEEK
3

DIY FRIED RICE BOWL EXPERIENCE!

July 2, 2026 2:00 pm. Campers will build healthy fried rice bowls while learning fun cooking and nutrition skills.



CHRISTMAS IN JULY

July 16, 2026 2:00 pm. Campers will create festive Santa Fruit Pancake Kabobs while learning healthy cooking and nutrition skills through a fun Teen Cuisine activity.

WEEK
4

WEEK
5

THE HAT LAB EXPERIENCE

July 23, 2:00 pm. Campers will design custom hats while exploring creativity, confidence, and self-expression. This fun workshop combines arts and crafts with important life skills.

