

LOVE ALWAYS

Sproutz

Youth Camp

July 14- July 18

9 AM - 1 PM



CONTACT INFORMATION

Kourtney Marks- Meyers

Executive Director

Sproutz Youth Camp Program Coordinator

office@lovealwaysfoundation.org



Love Always Sproutz Youth Camp

Dates: July 14th, 2025 - July 18th, 2025

Time: 9AM-1PM (**Camper dropoff begins at 8:30AM**)

Location: **Garden of Treatz** (Bradner, OH, specifics will be given after registration)

Daily Schedule

9:00-9:30	Arrival & Rising Circle (Icebreaker, Intention for the Day)
9:30-10:30	Speaker Workshop and Activity
10:30-11:00	Smoothie & Snack Break
11:00-11:30	Gardening Time: Hands-On Activity
11:30-12:00	Creative Project
12:00-12:30	Lunch
12:30-1:00	Games, Journaling, Reflection

Breakdown of Daily Activities (Monday-Friday)

Monday: Introduction to Perennial Plants

- Guest Speaker(s): Mrs. Julie Ibarra from The Misty Mushroom
- Activities:
 - Plant Perennials
 - Blind-Folded Plant Identification
- Creative Project: Natural Print Art using Perennials

Tuesday: Importance of Physical Activity

- Guest Speaker: Garret Clarke from No Dad Bods
- Activities:
 - Bucket Relay Race
 - Fruit Baseball
- Creative Project: Invent-a-Game Challenge

Wednesday: Tree Love

- Guest Speaker(s): Rob from Humble Gardens and Anthony from Mershon Handyman Services



- Activities:
 - Fruit Walk Angela Memorial Trail
- Creative Project: Build Birdhouses

Thursday: Introduction to Starting Seeds

- Potential Speaker: Janet Franklin from The Green Shed Nursery
- Activities:
 - Start seeds for fall garden (take home kits)
 - Identify & Harvest tomatoes from the Garden of Treatz
- Creative Project: Tomato of your Dreams Paint Project

Friday: Farm to Table: Salads

- Potential Speaker(s): Local Nutritionist
- Activities:
 - Making fresh salads
 - Camp Trivia: complete summary of camp
 - Camp Completion Certificate Ceremony with Family

List of Items to Bring:

- ☐ Water Bottle
- ☐ Gardening Clothes (Your camper may get dirty)
- ☐ Gardening Boots (Rain boots work great!)

Optional:

- ☐ Sunscreen
- ☐ Hat
- ☐ Extra Clothes
- ☐ Any medical needs

FOOD INFORMATION:

Str8 Juice smoothies, lunch and snacks will be provided by the camp. The lunch will be plant-based, dairy, and gluten free. **IMPORTANT:** If your child has a NUT or FRUIT ALLERGY please disclose this information on your registration form. We will provide an alternate lunch for your camper. Your camper is welcome to bring his or her own lunch as well.

Sign-in/out procedures:

Drop-off begins at 8:30 AM. You must sign your camper in. Please be ready to sign out your camper at 1 PM. You must have your ID when picking up your camper. Please be sure to list any individuals authorized to pick up your camper on the registration form.



Communication: All communication will occur through parent or guardian's email list on the registration form. Please contact Kourtney Marks-Meyers for all questions or concerns (contact info sent after registration).

Weather: The camp will occur rain or shine. There will be tents for your camper during extreme weather conditions.

STANDARD: It is expected that ALL Campers and their Parent/Guardian treat all staff, volunteers, other campers and their parents with respect.

Certificate Ceremony: Parents/Guardians are encouraged to attend the Certificate Ceremony on the last day of camp July 18th, 2025 at 12:00 PM. Your camper will be awarded a completion certificate for the camp! You are welcome to come at 11:00 AM to make salads from the garden with your camper.

WE ARE SO EXCITED AND WE HOPE YOU ARE TOO!!!!