

Winter Storytime & Food Adventure

Welcome to HealthBarn USA, in partnership with the Ridgewood Parks & Recreation Department, to participate in a specially designed **Winter Story Time & Food Adventure** for children ages 2—4 years old with the grown-ups who love them!

Each week, inside the Gatehouse located in Habernickel Park, 1057 Hillcrest Road, we will gather together to read a literary favorite. The children will become expert taste testers as we go on a food adventure and bring the story to life. Whether it is trying new foods, learning about nutrition or how plants grow, children will use their imagination and put their newly discovered healthy habits into practice!

The 6-week program will be offered on Monday afternoons January 9, 23, 30 and February 6, 13, 27 between 1 to 2 pm. Register for one or all six sessions through Ridgewood Parks and Recreation. Fee is \$10.00 per session (\$20 non-residents) or \$50.00 all sessions resident discount.

Register in person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450
Or on line at www.ridgewoodnj.net/communitypass

- 1/9 "The Popcorn Book" - Children will try our special Brain Butter Popcorn!
- 1/23 "I Will Never Not Ever Eat a Tomato" - Children will try our famous Rainbow Swirly Smoothie!
- 1/30 "The Boy Who Loved Broccoli" - Children will show off their superpowers after trying Broccoli & Dip!
- 2/6 "How to Make an Apple Pie & See the World" -Children will taste baked apples and granola!
- 2/13 "No Monkeys, No Chocolate" - Children will try delicious chocolate "Ladybugs" for Valentines Day!
- 2/27 "Gregory the Terrible Eater" - Children try tasting something salty, sweet, bitter, sour & umami!

REGISTER EARLY - SPACE IS LIMITED

Online at www.ridgewoodnj.net/communitypass

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Make checks payable to: *Ridgewood Parks and Recreation*

Refund/Cancel Policy – Payment is non-refundable

Child's Name _____ Age _____ Grade: _____ Phone: _____

Address: _____ Emergency Phone: _____

Allergies/Conditions _____ Email _____

\$10 Per Session (non-residents \$20) or \$50 All sessions resident discount

Program: **WINTER STORY TIME**

Jan. 9 _____ Jan. 13 _____ Jan. 30 _____ Feb. 6 _____ Feb.13 _____ Feb. 27 _____ All Sessions _____ Check # _____

I, the parent of the above named youth, hereby give my permission to participate in any and all Village approved Recreation activities. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Parent / Guardian Signature: _____

