

UT Culinary Nutrition and Fitness Camp

Susie's Kitchen Jr.



Susie's Kitchen
MERGING SCIENCE AND NUTRITION

Communication Plan

Summer 2023

Welcome

The Department of Nutritional Sciences is excited to offer our "Susie's Kitchen Jr." summer culinary nutrition and fitness camp for youths. At UT-Austin, we combine culinary skills with nutrition science to create a truly unique experience!

Classes include nutrition/health basics, knife skills, kitchen safety, proper kitchen cleaning techniques, and of course, cooking - all key concepts for budding chefs of all ages! After the culinary experience, campers will have the opportunity to participate in fitness sessions with trainers from the Fitness Institute of Texas (FIT)

Program Staff

Susie's Kitchen Jr. will be led under the direction of Dr. Ladia Hernandez, Registered Dietitian and Associate Professor of Instruction in the Department of Nutritional Sciences.

Camp counselors for the summer camp will be a team of pre-professional students from the Coordinated Program in Dietetics, senior level nutrition students, and Fitness Institute of Texas staff.

All camp staff are required to complete a criminal background check annually.

Program Contact Information

Dr. Ladia Hernandez
Office Phone: 512.470.8090
Emergency Number and Immediate Access: 713.205.2387

Address:
The University of Texas at Austin
HUMAN ECOLOGY
200 W 24TH ST, Stop A2700
AUSTIN, TX 78712-1247

Emergency Contact Information

Parents contact the above listed program contact in the event of an emergency.
Emergency Number and Immediate Access: 713.205.2387

Contacting Campers (Emergency)

Parents can contact campers via their personal cell phones or the program contact (see phone number above) in the event of an emergency.

Program Location

The nutrition education and culinary experience will take place in Gearing Hall Teaching Kitchen, GEA 337. Lunch will take place in Gearing Hall Classroom, GEA 403.

Address for Gearing Hall: 200 W 24th Street, Austin, TX 78712

The Fitness Institute of Texas located in the DKR Memorial Stadium, Belmont Hall Classroom 608A, will be used for the fitness activities.

Address for Belmont Hall: 2109 San Jacinto, Austin, TX 78712

Program Schedule

9:00 AM	Morning drop-off and check-in in front of Gearing Hall
9:00 AM -10:00 AM	Nutrition Education and Morning Snack GEA 337
10:00 AM -11:30 AM	Culinary Experience includes Demo, Meal Prep, Cooking, and Meal Plating GEA 337
11:30 AM - 11:45 AM	Lunch and Discussion in GEA 403 Dining Room
12:00 PM -12:30 PM	Kitchen Cleanup, Reset Workstation, Group Activity
12:30 PM - 1:15 PM	Walk over to Belmont Hall & Change in locker rooms if needed
1:15 PM – 2:15 PM	FIT - Physical Activity, Interactive Education, Belmont Hall 608A
2:15 PM - 2:30 PM	Walk back to Gearing Hall
2:30 PM – 3:55 PM	Culinary Experience – afternoon snack GEA 337
4:00 PM	Afternoon pickup in front of Gearing Hall

Program Activities

The day will start with nutrition education followed by a culinary experience in our teaching kitchen as campers prepare their own healthy lunch. Kitchen safety, safe food handling, and knife skills will be practiced. After the culinary experience, campers will have the opportunity to participate in fitness sessions with trainers from the Fitness Institute of Texas (FIT) located on the west side of the Darrell K Royal-Texas Memorial Stadium.

Registration

Registration information and the registration link can be found on our webpage <https://he.utexas.edu/ntr/initiatives/camps>

Check-In

Check-in/drop-off by parent or legal guardian will occur between 8:55 AM – 9:00 AM in front of Gearing Hall.

Camp Counselors will be waiting outside on the northside (the parking lot side assessed from Dean Keeton Dr.) of Gearing Hall to escort the camper inside Gearing Hall. See Maps/Directions

In the event that the parent or legal guardian cannot check-in the child, permission can be granted to individuals to check-in/drop-off the child. The individuals full name, phone number, driver's license, expiration date, and address must be listed and complete on the Transportation Form.

If you would like to park and walk your child to the drop-off location, the nearest paid parking garages are listed under the Parking section.

Camper self check-in only permitted for campers 15 years of age and older as of the first date of the camp. Permission for camper self check-in must be completed on the Transportation Form. Campers with self check-in permission should meet the camp director at the northside of Gearing Hall.

Checkout

Check-out/pick-up by parent or legal guardian will occur between 4:00 PM – 4:10 PM in front of Gearing Hall, same location as the drop-off location.

Camp Counselors will be waiting outside on the northside of Gearing Hall to escort the camper to their ride.

In the event that the parent or legal guardian cannot check-out the child, permission can be granted to individuals to check-out the child. The individuals full name, phone number, driver's license, expiration date, and address must be listed and complete on the Transportation Form.

A valid driver's license must be presented to the camp director at check-out/pick-up. Campers will not be released to individuals not showing ID and not listed on the transportation form. Please have your driver's license out and ready to be displayed at pick-up.

If you would like to park and walk to pick-up your child at the pick-up location, the nearest paid parking garages are listed under the Parking section.

Authorization and consent to release the child without parental or guardian supervision must be completed and signed on the Transportation Form.

Camper self check-out only permitted for campers 15 years of age and older as of the first date of the camp. Permission for camper self check-out must be completed on the Transportation Form.

Unaccompanied Minor Travel

Information regarding unaccompanied minor travel is not applicable to this camp. Campers will not be transported in vehicles.

Transportation to the University

Information regarding out of state campers traveling to the university is not applicable to this camp.

Parking

We have designated drop-off and pick-up line in front of Gearing Hall. If you would like to park and walk your child to the drop-off location, the nearest paid parking garages are

1. 7th Street Garage – 109 W 27th ST, Austin, TX 78712
2. San Antonio Garage – 2420 San Antonio ST, Austin, TX 78705
3. Metered parking is available along Guadalupe St. and Dean Keeton (26th)

The parking lot in front of Gearing Hall and lots around campus are reserved for permit holders. Parking in a permit required parking space may result in a parking violation or towing of the vehicle.

Getting Around the University

Camper will participate in activities in Gearing Hall and Belmont Hall. Campers will get around campus by walking. Camp Counselors will lead the students to their locations. Camp Counselors will remain with campers at all times.

Campers will not be permitted to use the bikes and scooters (including electric) on campus during camp time (anytime between check-in and check-out).

Maps/Directions

Address for Gearing Hall: 200 W 24th Street, Austin, TX 78712

The drop-off/pick-up location on the northside of Gearing Hall can be accessed from Dean Keeton Street. Enter Parking Lot 15 via University Ave from Dean Keeton St.

Camp Counselors will be waiting outside the northside of Gearing Hall to escort the camper inside Gearing Hall and at the end of the day for check-out

Directions from MoPac (Loop 1) South

Take the Windsor Rd. exit
 Turn left onto Windsor Rd.
 Continue straight onto W 24th St.

[Mary Gearing Hall](#) is two blocks east of Guadalupe St., on your left. Continue around to the northside of the building.

Directions from I-35 South

Take exit 236A and take the 26th St. exit
 Merge onto Dean Keeton and go approximately 1 mile. Turn left on University Avenue.

[Mary Gearing Hall](#) is at the south terminus end of University Ave (Parking Lot 15).

Directions from MoPac (Loop 1) North

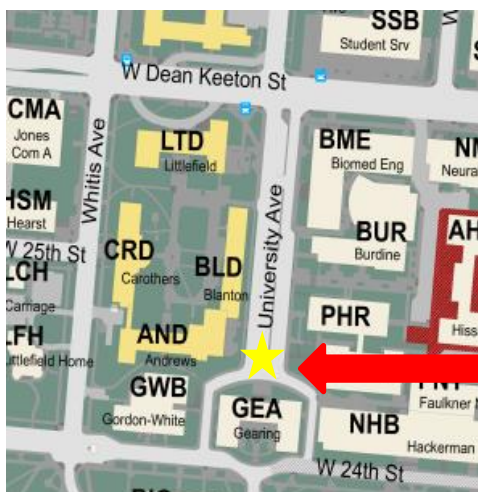
Take the Windsor Rd. exit
 Turn right onto Windsor Rd.
 Continue straight onto W 24th St

[Mary Gearing Hall](#) is two blocks east of Guadalupe St., on your left. Continue around to the northside of the building.

Directions from I-35 North

Take exit 235A toward 26th St./Manor Rd.
 Stay on frontage road to Dean Keeton
 Turn right onto Dean Keeton and go approximately 1 mile. Turn left on University Avenue.

[Mary Gearing Hall](#) is at the south terminus end of University Ave (Parking Lot 15).



Northside of Gearing Hall Drop-off/Pick-up location.

Required Program Forms

Program forms were provided through the Ideal-Logic registration portal. Forms must be completed during registration to ensure your child is eligible to participate in the camp.

Returning Program Forms

The Ideal-Logic registration portal contains the necessary forms to be completed for participation in the summer camp. Ideal-Logic registration portal is trusted and has been approved by The University of Texas at Austin for its release forms.

If you need assistance completing the program forms, contact Dr. Ladia Hernandez at ladia.hernandez@austin.utexas.edu.

Medical Care

In the event of an emergency involving an injury or acute illness, the camp director will follow the risk reduction measures listed below:

- Call 911 to summon emergency personnel.
- Notify the parent/legal guardian or the emergency contact.
- A designated individual (camp counselor) will accompany the camper to the hospital and remain until the parent/legal guardian arrives.

Medications

Please note that we cannot administer medication, only dispense.

Prescription medications and over-the-counter medications information must be completed on the program forms. Designated personnel will not dispense non-prescription or prescription medication to the above named participant until the medication information has been completed on the program form by a parent or guardian.

It is the responsibility of the parent/guardian to give the medication directly to the camp director immediately upon arrival. All medication should be labeled and placed in a Ziploc bag with the campers name and instructions, including dosage amount and times. Medication must remain in its original container from the pharmacy (this includes over-the-counter medication). Medication will be stored and locked up.

Campers will be asked their full name and birthdate before we will dispense the medication and log the activity in our medication log. Inhalers and epi-pens are allowed to remain with students.

We reserve the right to refuse the dispensing of a prescription or over-the-counter medication for failure to follow our medication guidelines outlined above.

Meals

Pre-prepared morning snacks will be provided to the campers. Campers will be preparing their lunch and an afternoon snack each day. Food allergy and special dietary restriction information should be included in the Health History section on the registration forms.

Parent Visits

Parent visits are not allowed without prior permission from the camp director. Visits should be limited in time. Parents should not interact with other campers during the visit.

ADA Accommodations

Children in need of ADA accommodations will not be denied admission to the summer camp. Our camp will make reasonable modifications your child. Notification of accommodations must be provided to the camp director one-week prior to the start of camp.

What to Bring

Dress: Camper should come dressed comfortable clothing. T-shirts and comfortable shorts, workout pants or leggings recommended.

Private dressing rooms are available at the Fitness Institute of Texas should a child want to bring a change of clothes for the fitness activities.

Shoes: Running or exercise shoes preferred. Closed toed shoes (skid resistant preferred) are required for the cooking part of the camp. Running or exercise shoes required for the fitness. No sandals, flip flops, boots, or open-toed shoes allowed. Campers will not be allowed to participate in the cooking or fitness part of the camp without proper shoes. Campers will be asked to contact a parent to bring proper attire to the camper.

Hair: All long hair will need to be pulled back for the cooking part of the camp. Baseball caps are allowed. Please bring hair restraints for hair length past the chin and longer.

Water bottle: The campers are encouraged to bring a water bottle for fitness part of the camp. Water refill stations will be provided for the camper as needed.

What Not to Bring

Campers should not bring electronic devices such as iPad or tablets, MP3 players, hand held games, (excluding cell phones) or any items of value to the program.

Campers should not wear jewelry including, rings, bracelets, necklaces, or large earrings. If a camper is wearing jewelry or a watch that may impair their safety during camp activities, the camper will be asked to remove the item. The camper is solely responsible for the safety of the item. Designated individuals will not hold or store any jewelry or items of value.

Wellness Policy

Your child's health is important to us. However, certain symptoms in children may suggest the presence of a contagious illness. Keeping your child(ren) at home when sick will reduce the spread of the illness to other children participating in the program.

- Children exhibiting symptoms of a contagious illness should stay home and are not allowed to attend programming.
- Children exhibiting contagious illness symptoms while attending a program must be picked up immediately. If your child(ren) is from out of state, you must make arrangements with the program to pick them up as soon as possible.

Youth Protection Program

All summer programs involving minors at The University of Texas at Austin follow guidelines set forth by the Youth Protection Program (YPP). The purpose of the YPP is to promote the safety of minors participating in programs on university premises or participating in those programs sponsored or supported by the University. All programs work closely with the YPP Director to ensure that every program operates in accordance with all of the university's policies, rules and regulations, as well as the laws of The State of Texas regarding the safety of minors. More information about the YPP is available online at www.youthprotectionprogram.utexas.edu, and questions can be directed to the YPP Director at ypp@utexas.edu.

Campus Concealed Carry

On June 1, 2015, Gov. Greg Abbott signed S.B. 11, also known as the "campus carry" law. S.B. 11 provides that license holders may carry a concealed handgun throughout university campuses, starting Aug. 1, 2016. The law gives public universities some discretion to regulate campus carry.

The University of Texas at Austin takes issues surrounding guns on campus very seriously and will strive to create policies that conform to the new law, protect the rights of citizens and ensure the safety and security of the entire campus.

S.B. 11 provides that after consulting with students, staff and faculty regarding "the nature of the student population, specific safety considerations and the uniqueness of

the campus environment" the university may enact reasonable rules and regulations regarding:

- carrying of concealed handguns by license holders on campus; and
- storage of handguns in dormitories or other residential facilities

The law stipulates, however, that these rules and regulations may not either "generally prohibit" or "have the effect of generally prohibiting" license holders from carrying concealed handguns on campus.

The purpose of the Youth Protection Program (YPP) is to protect all minors in their university-sponsored activities and interactions involving members of The University of Texas at Austin community. Pursuant to S.B. 11 (the "Campus Carry Law"), the YPP Policy prohibits the carrying of a concealed handgun by any person involved in a University of Texas at Austin camp/program for minors. This Policy also applies to parents and guardians who are visiting or transporting a participating minor to and from camps/programs at The University of Texas at Austin.

"PURSUANT TO SECTION 30.06, PENAL CODE (TRESPASS BY LICENSE HOLDER WITH A CONCEALED HANDGUN), A PERSON LICENSED UNDER SUBCHAPTER H, CHAPTER 411, GOVERNMENT CODE (HANDGUN LICENSING LAW), MAY NOT ENTER THIS PROPERTY WITH A CONCEALED HANDGUN"

Please see the [Campus Carry Implementation](http://www.campuscarry.utexas.edu/) (www.campuscarry.utexas.edu/) website for more information.

Social Media Communication

Designated individuals will set their social media accounts to private for the duration of the program. Personal emails, text messages, phone calls, and private social media communications with campers are not allowed.

Post Camp Communication

Campers may stay in contact with the camp director, faculty or staff via the program social media accounts on Facebook, Instagram, and Twitter. Personal emails, text messages, phone calls, and private social media communications with program staff and faculty are not allowed.

Code of Conduct

UT Culinary Nutrition and Fitness Camp at Susie's Kitchen Value Statements

- I am respectful of myself and others.
- I ask questions.
- I support my peers during challenges.

- I can be successful.
- I make a positive impact.
- I can make the world a better place.

Camper Expectations:

1. I will try my best to align my behavior with the UT Culinary Nutrition and Fitness Camp at Susie's Kitchen Value Statements (listed above). I understand that every camper should have the opportunity to participate in discussions and activities. I will not prevent others from learning and sharing their thoughts, even if my views are different than theirs because everyone in my classroom should feel safe and valued. I will help facilitate a fun and cooperative learning environment and will have the same expectation of my peers.
2. If I need support with this, I will let my parent/guardian and/or a UT Culinary Nutrition and Fitness Camp at Susie's Kitchen staff member know.
3. I will refrain from sexual or other harassment of the UT Culinary Nutrition and Fitness Camp at Susie's Kitchen Program participants and staff, and of others.
4. I will not, under any circumstances be disrespectful to camp staff or anyone associated with the UT Culinary Nutrition and Fitness Camp at Susie's Kitchen program, and UT.
5. I will be responsible for my personal belongings and equipment and will not hold The University of Texas (UT) at Austin, UT Culinary Nutrition and Fitness Camp at Susie's Kitchen responsible for any loss or damage.
6. I will be present and actively participate in camp. I will leave personal devices, toys, books, and anything else that may distract me during camp at home. I will also leave over-the-counter medications at home, unless it's an asthma inhaler or epi-pen and my parent/guardian has notified staff.
7. I understand that alcoholic beverages, illegal drugs, tobacco products, firearms, fireworks, weapons, and pets/animals (with the exception of service animals) are not permitted in my possession at The University of Texas at Austin campuses. Any violations of this rule will result in immediate expulsion from the program. I further understand that inspections for rule violations may be conducted throughout the duration of the program.
8. I understand that my phone will need to be put away in the morning and will stay put away during camp hours. Phones and phone use are not permitted in the kitchen and fitness area. If I need to contact home, I will tell a designated individual. For UT Culinary Nutrition and Fitness Camp at Susie's Kitchen: If my phone becomes a distraction during camp, I understand that it will be taken up and returned to me at the end of the day.
9. I will be respectful of property, including buildings, bathrooms, kitchen equipment and materials. I understand that I will be charged for damages to any property belonging to The University of Texas at Austin and to any property connected to

- the UT Culinary Nutrition and Fitness Camp at Susie's Kitchen program should damages occur, especially through my negligence or abuse.
10. I will be kind and respectful to my peers and instructors, use appropriate language at camp, and respect personal boundaries.
 11. I will be respectful of the equipment in the classroom and kitchen area. I will practice safe handling of equipment and kitchen utensils including knives. I will not act in a behavior that puts myself or my fellow campers at risk.
 12. I will dress appropriately and bring a water bottle daily. This means athletic shoes and comfortable, summer camp appropriate clothing.
 13. There is zero tolerance for violence or unwanted physical contact. I understand that if I break this rule, I will immediately be dismissed from camp.
 14. I understand that the [Youth Protection Program](#)'s rules for hosting minors on campus may be different than the rules at my school. This means that I can't leave my classroom/camp area without letting someone know, including for a restroom/water break. This also means that I can't leave at the end of the day without being signed out on my camp clipboard.
 15. I understand that all camp staff are prohibited from being 1:1 with a student, texting/emailing students without someone else included on the message, and connecting with students on social media.
 16. I understand if any of the above regulations in the Participant Agreement are not followed, my parent(s)/guardian(s) will be called and I will be subject to **immediate** dismissal from the UT Culinary Nutrition and Fitness Camp at Susie's Kitchen.
 17. I understand that if I am expelled from the program, my parent(s)/guardian(s) will be notified and will be responsible for my immediate pickup at their own expense.

Parent/Guardian Expectations:

1. I understand all of the expectations outlined in the Student Expectations section above. I will support my student in meeting these expectations.
2. I understand that it's my responsibility to notify my student's mentor teacher if they are unable to participate in daily activities due to illness or other planned activities. No partial refunds will be given for time missed.
3. I understand that I may not visit my student at camp. If I need to bring something to my student, pick them up early, or drop them off late, I understand that I must text my student's mentor teacher.
4. When on campus, I understand that I must follow all rules and directions given by UT Parking & Transportation. These rules and directions have been put into place in order to ensure the safety of all camp participants and their families. Failure to do so may result in citations. Repeated failure to do so may result in my student being dismissed from the program with no refund.
5. I understand that, Pursuant to [Government Code 411.2031 \(SB 11, "Campus Carry Law"\)](#), the YPP Policy prohibits the carrying of a concealed handgun by any person involved in a UT Austin camp/program for minors (including parents/guardians, and including at pick-up and drop-off).

6. I understand that I or another designated individual must be available to pick my student up from camp at all times in case of an emergency. I understand that if UT Culinary Nutrition and Fitness Camp at Susie's Kitchen calls me to pick up my student, I must pick them up immediately. I understand that if I refuse to pick my student up, or have them picked up, then the Texas Department of Family and Protective Services and the UT Police Department will be notified.
7. I understand that my student may be dismissed from camp without a refund for any rules violation(s) at the discretion of UT Culinary Nutrition and Fitness Camp at Susie's Kitchen staff.
8. I understand that the staff has work/personal obligations after closing time each day and late pickup incurs extra costs for staff to stay later than the scheduled time. Please consider weather/traffic conditions and have an alternative pick-up plan to ensure on-time pick-up. A late fee will be charged starting 15 minutes after the scheduled pick-up time. There will be a \$20 late charge for each additional 15 minutes. Example: parent will be charged \$20 for 4:15 – 4:30 pm pickup, \$40 for 4:31 – 4:45 pm pickup, etc... Fees are per child, not per family. If a parent/guardian does not arrive for pick up within 45 minutes of camp closing time and staff has not been able to speak with a parent/ and/or all other contacts have been exhausted, police will be notified for assistance.
9. I understand that though my child will be supervised, it is his/her responsibility to conduct him/herself as a **young adult** and abide by all program rules and regulations at all times.