

C.H.O.P. (Childhood Obesity Prevention)

- Raise awareness about Childhood Obesity in poverty stricken rural neighborhoods in North Inland San Diego County.
- High School students will grow food in a community garden, in partnership with the Fallbrook Regional Health District, and learn to clean, prep and cook healthy meals with the produce they have harvested. This program promotes Mind-Body-Spirit, empowering students to take control of their lives and in becoming productive members of our community.
- **C.H.O.P. CHALLENGE** is a culinary arts competition, where the top 4 students of each class will demonstrate their knowledge and talent at a community engagement (Fallbrook Harvest Fair and/or Fallbrook Avocado Festival)– the winner will have the opportunity to receive financial support (scholarship) to a culinary arts institute, from one we have partnered with in California.
- 12-week courses (2-3 per school year) offered two days per week for 2-3 hours.

