

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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HEALTHIEST WEIGHT FLORIDA AND THE DEPARTMENT OF ENVIRONMENTAL PROTECTION ANNOUNCE THE HEALTHY CAMPFIRE COOKING PROGRAM

TALLAHASSEE – Today, the Florida Department of Health, in partnership with the Florida Department of Environmental Protection, launched the Healthy Campfire Cooking Program. This program expands campfire cooking classes currently offered in Florida’s state parks and trails to include healthy food options.

“Camping is a healthy outdoor activity, and this program emphasizes the value of healthy outdoor cooking,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The Florida Department of Health is proud to collaborate with the Department of Environmental Protection and state park rangers to promote healthy camping habits throughout the state.”

“Hiking, biking, paddling and swimming are just some of the activities visitors can participate in as they seek a healthier lifestyle in Florida’s state parks and trails,” said Florida Park Service Director Donald Forgione. “With the introduction of Healthy Campfire Cooking to the rich assortment of programs available in state parks, the Florida Department of Health and Florida Department of Environmental Protection are providing more opportunities for people to enjoy the natural and cultural resources of Florida.”

This partnership program offers Florida’s park visitors healthy campfire recipes and the opportunity to learn safe campfire preparation and cooking skills through classes led by state park rangers. Recipe options include Mexican chicken and bean packets, campfire vegetable medley and herbed salmon. Each recipe is accompanied by nutrition information and suggested activities to help offset the calories of each meal. A new campfire cooking activity is also available for [Junior Rangers](#).

To get recipe information and learn more about the program, visit www.healthiestweightflorida.com/activities. To find cooking classes in your area contact your local state park or visit www.floridastateparks.org/things-to-do/events.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida’s children and adults make consistent, informed choices about healthy eating and active living.

Florida’s 171 state parks and trails inspire residents and visitors with recreation opportunities and scenic beauty that help strengthen families, educate children, expand local economies and foster community pride. With 161 parks, 10 state trails, nearly 800,000 acres, 100 miles of beaches and more than 1,500 miles of multi-use trails, visit soon and often to enjoy Florida’s natural treasures. Download the Florida State Parks Pocket Ranger® mobile app, available on

iTunes and Android Market, to plan your trip and enhance your experience while visiting. For more information, visit www.floridastateparks.org.

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The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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