



FACT SHEET

Since the creation of *Kids in the Kitchen* in 2006, the Junior League of Calgary (JLC) has dedicated itself to making a difference in our community through the promotion of healthy lifestyles. The JLC aims to provide children with the tools they need to make nutritious eating choices, with the belief that the education of our children with hands-on activities in nutrition, fitness and food preparation is the key to making a lasting change in the reversal of current childhood obesity statistics.

FOCUS

An international educational initiative, supported by over 250 Junior Leagues in four countries, dedicated to raising the awareness of childhood obesity and providing solutions to poor nutrition and fitness and their associated health issues. It aims to inspire children to make healthy food and lifestyle choices throughout their lives.

HOW

Facilitated in several elementary schools by trained Junior League of Calgary members and well-known special guests in the culinary and fitness fields. Schools dedicate an entire day to a healthy living theme, with morning and afternoon sessions that allow all the children to rotate through four separate learning areas. These areas include food preparation, creative dance and exercise, a food group game and a "Mission Nutrition" food lab, which features Eating Well with Canada's Food Guide, Rate Your Breakfast Cereal, Quench Your Thirst and Fast Foods. All children receive the Canada Food Guide and a bag filled with recipes, nutrition information, KITK measuring cups, and exercise equipment.

WHY

In Canada, rates of obesity among children and youth ages 2 to 17 has tripled over the last 25 years. By 2004, 8% were obese. An additional 18% are currently overweight and at increased risk of contracting Type II diabetes, high blood pressure and the numerous ailments related to high cholesterol and the social problems that affect self-esteem.

2011 EVENT

The sixth annual event will be held on May 3, 2011 at Cambrian Heights School, 640 Northmount Drive NW. The festivities will begin at 9:00 am and conclude at 3:00 p.m. Approximately 165 students in grades four, five and six will participate in the day's activities. Chef Will Kwong, Executive Chef, Premium Seating, Calgary Stampede will dazzle the students with his culinary skills and healthy recipes, while two fitness instructors, Dr. Emily Roback and Natalie Wynn-Dempsey, will get everyone moving.

FUTURE

To expand the program to other elementary schools.

RESOURCES

To continue to provide our communities with educational information, the *Kids in the Kitchen* website offers kid-friendly nutritious recipes and fitness and nutrition tips online at <http://kidsinthekitchen.ajli.org>.

CONTACT

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