



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 five separate learning stations. These stations include a food lab, which will provide students with visual examples of sugar and fat content in some of their favorite foods, nutrition label reading, food preparation, creative dance and exercise, and a food group game. All children receive the Canada Food Guide and a bag filled with recipes, nutrition information and two children's fitness magazines from Health Canada and Alberta Health.

WHY Nearly one-third of children and adolescents in North and South America will be overweight by 2010 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. Currently, one in four children between the ages of 2-17 years battle child obesity in our city.

2009 EVENT The fourth annual event was held on April 21, 2009 at Ranchlands School, 610 Ranchlands Blvd NW. The festivities began at 9:00 am and concluded at 3:00 p.m. 213 students in grades four, five and six participated in the day's activities. Chef Will Kwong, Executive Chef, Premium Seating, Calgary Stampede dazzled the students with his culinary skills, while Christy Hayne, dancer and choreographer, got everyone moving.

FUTURE To expand the program to other elementary schools and to develop evening and weekend programs for youth in grades 7 through 12.

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>.

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