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Free Community Event Promotes a Fun Way for Kids to Stay Healthy

ORLANDO, Fla. (February 18, 2014) – Meant to inspire and educate families on the importance of being healthy, the seventh annual Junior League of Greater Orlando's *Kids in the Kitchen* Fit-n-Fun Fest will feature several exhibitors, free giveaways, music, games, an obstacle course, bounce houses, face painting, cooking demonstrations, healthy snack suggestions, and much more. The free community event will take place on **Saturday, March 29, from 10 a.m. until 2 p.m.** at South Central Park in Winter Park.

Based on research showing that kids who help with shopping and meal preparation are more likely to eat healthy foods, Leagues in four countries launched *Kids in the Kitchen* programs in 2006 to involve kids in hands-on activities related to preparation of their own meals and snacks. JLGO volunteers enlisted local community centers, teachers and parents to help reverse the growth of childhood obesity and its associated health issues locally.

The free and open-to-the-public event in Winter Park, being held in conjunction with March's National Nutrition Month, will be filled with interactive activities for the entire family. For more information, visit www.jlgo.org/fit-n-fun-fest or call (407) 422-5918.

An online healthy recipe collection is available at www.kidsinthekitchen.jlgo.org. The site features downloadable kid-friendly, nutritious recipes as well as educational interactive games and activities.

Event Details:

- What: Kids in the Kitchen Fit-n-Fun Fest
- When: Saturday, March 29th from 10 AM- 2 PM
- Where: South Central Park, off Park Avenue in Winter Park
- Who: All are invited - a community effort to focus on healthy living
- Cost: Free
- Junior League Contact: Kelly Moody at kitkevents@jlgo.org

ABOUT JLGO

The Junior League of Greater Orlando, Inc. is an organization of women committed to promoting volunteerism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable with a focus on identifying and creating programs that focus on the issues of childhood health, hunger and poverty. The Junior League of Greater Orlando celebrates its 66th year serving Greater Orlando and involves more than 800 women who believe in making a difference in their community. For more information, visit www.jlgo.org.

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