



## JUNIOR LEAGUE OF GREATER ORLANDO

*Women building better communities*

**FOR IMMEDIATE RELEASE**

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### **Free Educational Fit 'n Fun Fest Planned for Kids and Families in Winter Park**

*Junior League of Greater Orlando's Hosts Kids in the Kitchen Event for Orlando Families to Promote Importance of Eating Right and Staying Healthy*

**ORLANDO, Fla. (January 27, 2010)** – Orlando families have a chance to learn how to make healthy snacks, hear from nutrition professionals, play in a bounce-house and win raffle prizes at The Junior League of Greater Orlando's third annual free *Kids in the Kitchen* Fit 'n Fun Fest on **Saturday, March 6, from 10 a.m. until 2 p.m.** at South Central Park in Winter Park.

"Not only have we started focusing our efforts on a new community program specifically aimed at the well-being of children, but our country's First Lady Michelle Obama is also putting her efforts into combating the growing problem of childhood obesity," said Stephanie Garris, president of the Junior League of Greater Orlando. "We're excited to bring Kids in the Kitchen to Orlando families once again this year so we can all work together in a fun way to share the importance of being healthy and staying fit."

Based on research that shows that kids who help with shopping and meal preparation are more likely to eat healthy foods, Leagues in four countries launched in 2006 *Kids in the Kitchen* programs to involve kids in hands-on activities related to preparation of their own meals and snacks. Junior League of Greater Orlando volunteers have enlisted the help of local chefs, 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 National Nutrition Month in March, will be filled with interactive activities for the entire family. For more information, visit [www.jlgo.org](http://www.jlgo.org) or call (407) 422-5918.

An online recipe collection is available at [www.kidsinthekitchen.ajli.org](http://www.kidsinthekitchen.ajli.org) and features downloadable kid-friendly, nutritious recipes from celebrities, chefs and athletes, as well as an educational interactive game provided by Cartoon Network, the exclusive media partner of *Kids in the Kitchen*.

#### **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 address the issues of child well being and family enrichment. The Junior League of Greater Orlando celebrates its 62nd year serving Greater Orlando and involves more than 700 women who believe in making a difference in their community. For more information, visit [www.jlgo.org](http://www.jlgo.org).*

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