



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 Hosts Kids in the Kitchen Event for Orlando Families
to Promote Importance of Eating Right and Staying Healthy*

ORLANDO, Fla. (February 2, 2011) –Meant to inspire and educate families on the importance of being healthy, the fourth annual Junior League of Greater Orlando's *Kids in the Kitchen* Fit 'n Fun Fest will feature over 40 exhibitors, free giveaways, nutrition professionals, music, games, an obstacle course, bounce house, face painting, healthy snack suggestions, and much more. The free event will take place on **Saturday, March 5, from 10 a.m. until 2 p.m.** at South Central Park in Winter Park.

According to the U.S. Department of Health and Human Services, in recent decades, the prevalence of obesity has increased dramatically in the United States, tripling among children and doubling among adults. "The purpose of this event is to educate kids in a fun and interactive way, says Kirstina Bouwmans, President of the Junior League of Greater Orlando. There are some harsh statistics these days concerning childhood obesity and our goal is to combat those in a way that will have a positive impact."

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 *Kids in the Kitchen* programs in 2006 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 or call (407) 422-5918.

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

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 63rd 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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