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**CONTACT:** Amy Banek  
Junior League of Worcester  
(347)675-2544  
amybanek@yahoo.com

**JUNIOR LEAGUE OF WORCESTER  
PROMOTES HEALTHY LIVING WITH *KIDS IN THE KITCHEN***

**Worcester, MA**—March 1, 2009 – With the alarming trend of childhood obesity growing nationwide, the Junior League of Worcester’s (JLW) is fighting this troubling issue through *Kids in the Kitchen*. The educational program is part of a national initiative developed and supported by The Association of Junior Leagues International to empower youth to make healthy lifestyle choices and help reverse the growth of childhood obesity and its associated health issues.

This year, the Junior League of Worcester will host its annual *Kids in the Kitchen* event at Girl’s Inc. on Wednesday, April 15 at Girl’s Inc. in Worcester.

“As an organization dedicated to helping women and children in our community to thrive, we want to do our part to help ensure that the youth in Worcester have the tools they need to lead active and healthy lifestyles,” said Sara Kelleher Sears, President. “By offering *Kids in the Kitchen*, we are providing tangible tools that not only benefit students, but also help their entire families to make right, healthy choices.”

**“Kids in the Kitchen” Agenda**

- The Junior League of Worcester will serve a group of girls aged 11-14 and their families a nutritional meal based on government recommended food groups.
- During the meal, a local nurse and nutrition expert will educate the girls and their families about nutrition, including portion sizes and sugar content of popular foods.
- After the meal is served, each girl will have an opportunity to visit three areas to learn about ways that they can stay fit. The three breakout groups will include: Yoga instruction, cooking class and an arts and crafts area when young women can learn about planting herbs and incorporating them into their daily meals.

The Junior Leagues’ *Kids in the Kitchen* program was recognized by the American Society of Association Executives and the Center for Leadership with the Award of Excellence in the 2008 Associations Advance America Awards national competition. Additionally, Kids in the Kitchen was honored with the American Society of Association Executives highest honor, the Summit Award.

More information is available about Kids in the Kitchen and healthy living at [www.kidsinthekitchen.org](http://www.kidsinthekitchen.org).

**About The Junior League of Worcester**

*The Junior League of Worcester is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.*

*JLW membership prepares you to expect the best and to do your best, wherever you go, whatever you do. You will develop skills to shape your future and become a force for positive change in the community, in ways that matter most to you. You will make lasting friendships and join an international network of women who understand that change is possible, step by step, person by person. For more information, visit our website at [www.jlwma.org](http://www.jlwma.org).*