

# **JUNIOR LEAGUE OF SALT LAKE CITY TO EDUCATE CHILDREN ON IMPORTANCE OF EATING WELL TO STAY HEALTHY**

**\*\*PLEASE NOTE TIME & LOCATION CHANGE!\*\***

## **JUNIOR LEAGUE OF SALT LAKE CITY TO EDUCATE CHILDREN ON IMPORTANCE OF EATING WELL TO STAY HEALTHY**

Salt Lake City, Utah April 25, 2006

Nine million American children are obese.

In a study conducted by the Utah Department of Health, Utah children are following this alarming national trend. More than 25 % of Utah elementary students are overweight and almost 12 % are obese.

The Junior League of Salt Lake City is joining more than 225 Junior Leagues across four countries to participate in an education initiative on childhood obesity entitled Junior Leagues' Kids in the Kitchen.

This initiative has been designed to foster the recognition of the growing problem of childhood obesity.

Because education of children and their families on proper nutrition is key to alleviating this growing problem, The Junior League of Salt Lake City will host Utah Food Bank nutritionist Lisa Guzman on Friday, April 28, 2006

from 3:30-4:30\*

at Edison Elementary School \*

466 South Cheyenne St. (1525 West)

Salt Lake City, Ut 84104

Lisa will be demonstrating the preparation of easy, nutritious and affordable snacks and meals. She will also provide information on recognizing junk food and its' hidden dangers.

In addition, Junior League has created a new website and virtual recipe collection for parents and children. Contributors to the site include celebrities, athletes, chefs and health organizations including the USDA.

The website is <http://kidsinthekitchen.ajli.org>

The Junior League of Salt Lake City Inc. is an organization of more than 600 women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action, education and leadership of trained volunteers.

Annually, the Junior League donates at least 23,000 volunteer hours and contributes over \$200,000 to projects that address critical issues in the community.

For more information on the Junior League of Salt Lake City, visit [www.jlslc.org](http://www.jlslc.org)

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