



Mark your Calendar! The Junior League of San Antonio, Inc. will participate in the **Junior Leagues' Kids in the Kitchen** initiative on Sunday, April 13th. This exciting program is an Association-wide initiative designed to address the growing issues of childhood obesity and poor nutrition at the grassroots level.

Since the early 1970s, the number of overweight children ages 12-19 in the United States has doubled, and the number of overweight children ages 6-11 has tripled. Today, more than 16% of young people ages 6-19 are overweight. Similar statistics are appearing in Mexico, Canada and the United Kingdom. Current increases in Type 2 diabetes may be one of the first consequences of an obesity epidemic among young people. By promoting family health through innovative programming, this initiative builds on a Junior League tradition of improving childhood nutrition, which started with our founder, Mary Harriman.

This year, JLSA will partner with Pearl Stables to organize a program in our community that will bring together community partners to help drive education and awareness on this important topic. This local initiative will include many of our partner agencies and the children they support. These children will join us for a fun-filled afternoon of:

- 1 Cooking with a local celebrity chef
- 2 Hearing from a local farmer on raising organic produce
- 3 Learning more about the food pyramid from a child focused nutritionist
- 4 Understanding why exercise is so important and learning some fun new moves for the park or playground
- 5 Making their own art creation that can be used or worn in their own kitchen
- 6 Joining in on a book reading with a special guest, that's guaranteed to be loaded with fun facts about healthy eating

Through the Kids in the Kitchen program, we have an extraordinary opportunity to help combat potential health problems among today's youth. You can look forward to seeing more exciting details in coming weeks!