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**THE JUNIOR LEAGUE OF HARTFORD, INC. HOST SECOND ANNUAL  
CHILDHOOD OBESITY AND NUTRITION EDUCATION INITIATIVE WITH 2008  
PARTNER GIRL SCOUTS OF CONNECTICUT**

*The Junior League of Hartford, Inc. and Girl Scouts of Connecticut Join More than 230 Junior Leagues in a One-Day Event to Educate Children on Importance of Eating Well and Staying Healthy as Part of Association of Junior Leagues' Kids in the Kitchen Activities*

Hartford, April 2, 2008 – The Junior League of Hartford, Inc. announced today they will participate in their second annual education initiative on childhood obesity and nutrition, titled Junior Leagues' *Kids in the Kitchen*. The initiative is sponsored by The Association of Junior Leagues International Inc. (AJLI), of which the Junior League of Hartford, Inc. is a member and which provides guidance and leadership development support to 293 Junior Leagues through the world.

The Junior League of Hartford will co-host an event with the Girl Scouts of Connecticut that focuses on nutrition, healthy eating and a fit diet for children and their families. The event will take place at the Learning Corridor – Middle School on Sunday, April 6<sup>th</sup> from 4:00 to 6:00 PM. The goal of the event is to raise awareness and help reverse the growth of childhood obesity and its associated health issues. Approximately 40-50 girls are expect to attend the event, which will be staffed by both Junior League of Hartford and Girl Scout volunteers and funded by the Girl Scouts of Connecticut.

“We realize that part of making healthy food choices depends on understanding which types of food have the most nutritional value. Through cooking demonstrations and games we hope to empower these kids with the knowledge to make healthy choices when preparing meals from food found in their own pantries at home” , said Allison Schmitz, President of the Junior League of Hartford.

Motivated by recent studies out of Harvard, Rutgers and the University of Minnesota indicating that family dining improves the dietary habits of children, this year's *Kids in the Kitchen* program will also promote family meal activities and provide facts on the benefits of family dining.

(more)

### **ABOUT THE JUNIOR LEAGUE OF HARTFORD, INC.**

The Junior League of Hartford, Inc. 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. Since 1921, the Junior League of Hartford has been committed to making a difference in the greater Hartford community by identifying and assessing community needs, and then developing either direct programs or collaborations with other organizations and agencies to help meet those needs. More information can be found at [www.jlhartford.org](http://www.jlhartford.org).

### **ABOUT THE ASSOCIATION OF JUNIOR LEAGUES INTERNATIONAL**

*Founded in 1901 by New Yorker Mary Harriman, the Junior Leagues are organizations of women committed to voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. The Association of Junior Leagues International is made up of 293 Junior Leagues in the United States, Canada, Mexico and the United Kingdom. Together, they are one of the largest international volunteer organizations for women interested in making a positive impact in their communities. For more information, visit the website, [www.ajli.org](http://www.ajli.org).*

### **ABOUT AJLI'S KIDS IN THE KITCHEN**

AJLI's Kids in the Kitchen, which launched in the U.S., Canada, Mexico and the United Kingdom in 2006, addresses the staggering statistic that nearly one-third of children and adolescents in North and South America will be overweight by 2010 and at increased risk of contracting Type II diabetes, high blood pressure, the numerous ailments related to high cholesterol and social problems that affect self-esteem.

Junior Leagues across four countries involve kids in hands-on activities related to preparation of their own meals and snacks, based on information that shows that kids who help with shopping and meal preparation are more likely to eat healthy foods. Junior Leagues also offer a comprehensive website with materials that interest both kids and parents. An online recipe collection features downloadable kid-friendly, nutritious recipes from celebrities, chefs and athletes, as well as an educational interactive game provided by Cartoon Network, the exclusive kids media partner of Kids in the Kitchen. Kids and their parents can also access downloadable nutrition and exercise tips, quizzes to test kids on their nutritional knowledge and the USDA's MyPyramid Blast-Off game, an entertaining way for kids to learn guidelines for daily food consumption and physical activity, tailored to their nutrition and fitness needs. The Kids in the Kitchen website can be found at <http://kidsinthekitchen.ajli.org>.

Hundreds of thousands of children and their families will continue to have the opportunity to enrich their lives and palates with recipes, tips and activities from Junior League members through the Kids in the Kitchen initiative. The Junior Leagues believe that education and hands-on involvement in healthy meal preparation are the first steps to making a lasting change in our children's future.

### **ABOUT THE GIRL SCOUTS OF CONNECTICUT**

Girl Scouts of Connecticut is the premier organization for girls in the state – providing early 55,000 girls and 21,000 adults with programs and opportunities that develop their potential and empower them with the self-confidence and skills to improve themselves and the world around them. For further information, contact 1(800) 922-2770.