



Time for *Pita Pocket Paradise* and *Green Goblin Veggies*? The Junior Leagues Offer Kids and Parents 31 'Healthy But Fun' Recipes for National Nutrition Month

February 28, 2010, New York – With [National Nutrition Month](#) only a few days away, maybe it's time to spend less time talking about childhood obesity rates and more time talking about how to involve kids in healthy eating. With that in mind, [The Association of Junior Leagues International Inc.](#) (AJLI) is offering a recipe-a-day for kids and their parents from the all-volunteer [Junior Leagues' Kids in the Kitchen](#) initiative, now in its fifth year and active in more than 200 communities around the U.S., Canada, the U.K. and Mexico.

“Childhood obesity is a critical problem for our country, and we support the work done by a wide range of government, social service and volunteer organizations in addressing it,” said Debbie Robinson, President of AJLI. “But two things are often overlooked in the fight against childhood obesity. First, the need to find ways to bring parents and their children together in the kitchen and, second, the need to make it fun for both!”

Beginning March 1, The Junior League will be posting a fun, kid-friendly recipe everyday of National Nutrition Month via Twitter. Follow [@JuniorLeague](#) to learn how you and your kids can make [Wake-Up Smoothies](#), [Pita Pocket Paradise](#), [Green Goblin Veggies](#) and more! The Junior Leagues’ “healthy but fun” selection of recipes are drawn from [Junior Leagues In The Kitchen With Kids: Everyday Recipes And Activities For Healthy Living](#), the exclusive kids’ cookbook from the *Kids in the Kitchen* program, and [EatingWell](#), one of the program’s many educational supporters and Junior League volunteers.

In addition to a recipe a day from AJLI, individual Leagues across the country will be holding health and wellness events that are open to the public, in celebration of National Nutrition Month. Some events include:

- [The Junior League of Washington, DC](#) – March 6th at the YMCA National Capital, with special guest Chef “Rock” Harper, winner of Fox Television’s 2007 Hell’s Kitchen
- [The Junior League of High Point, NC](#) – March 6th at Mills Education Center
- [The Junior League of South Brevard, FL](#) – March 6th at Melbourne Auditorium, featuring celebrity Chef George Stella
- [The Junior League of San Diego, CA](#) – March 13th at Liberty Station

For a complete listing of National Nutrition Month events, please visit the [Local Events](#) section of the [Junior Leagues' Kids in the Kitchen](#) website.

Other educational supporters and advocates of the Kids in the Kitchen program include: [the American Dietetic Association](#), [Batter Up Kids!](#), [Healthy Kids Challenge](#), [National Heart, Lung and Blood Institute's "We Can!"](#), the [School Nutrition Association](#), [Share Our Strength](#), [Texas Dept. of Agriculture's "Square Meals"](#), the [United States Department of Agriculture](#) and the [U.S. Centers for Disease Control](#).

About The Association of Junior Leagues International Inc.

Founded in 1901 by New Yorker, Mary Harriman, the Junior Leagues are charitable nonprofit organizations of women, developed as civic leaders, creating demonstrable community impact. Today, The Association of Junior Leagues International Inc. (AJLI) is comprised of more than 160,000 women in 292 Junior Leagues throughout Canada, Mexico, the United Kingdom and the United States. Together, they constitute one of the largest, most effective volunteer organizations in the world.