



A Women's Leadership Organization

Junior League of Cedar Rapids
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News Release

[Tuesday, March 18, 2008]

FOR IMMEDIATE RELEASE

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JUNIOR LEAGUE OF CEDAR RAPIDS, ACCESS IOWA TEAM UP FOR KIDS IN THE KITCHEN

The two organizations unite, educating children on importance of eating well and staying healthy.

CEDAR RAPIDS, Iowa – Junior League of Cedar Rapids (JLCR) will participate in the third annual education initiative on childhood obesity and nutrition, titled Junior Leagues' Kids in the Kitchen. Area non-profit organization, Access Iowa, will join JLCR. With the goal to raise awareness and help reverse the growth of childhood obesity and its associated health issues, JLCR and Access Iowa will teach the students of the Taylor Mentoring Program, Monday, April 14, 2008 at Taylor Elementary school, 720 7th Ave. SW, Cedar Rapids, from 6:30 pm – 8:00 pm.

Junior Leagues' Kids in the Kitchen 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.

Volunteers from both organizations will teach the students hands-on activities related to preparing their own meals and snacks, based on information that shows children who help with shopping and meal preparation are more likely to eat healthy foods. 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 program will also promote family meal activities and provide facts on the benefits of family dining.

"JLCR is proud to participate in Kids in the Kitchen as it reflects our vision of advocates for issues relating to women and children. It then ties hand-in-hand with our mission of promoting volunteerism, developing the potential of women and improving the community through effective action and leadership of trained volunteers," said JLCR President, Ellen Ramsey-Kacena.

Kristine Chaifos, Access Iowa member added, "We're proud to partner with Junior League of Cedar Rapids. Not only are they the preeminent volunteer organization, this project expands our opportunities to make a difference in the community."

For more information, please contact the Junior League of Cedar Rapids at (319) 364-7892 or visit the website at www.juniorleaguecr.org.

Founded in 1934, the Junior League of Cedar Rapids is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. For more information, please visit www.juniorleaguecr.org

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