








## Request for Information

### Program Overview and Goals

The goal of the Junior League of Sarasota Kids in the Kitchen program is to empower youth in Kindergarten through 6th grade to make healthy lifestyle choices and help reverse the growth of childhood obesity and its associated health issues. The program will run from 45 minutes to 90 minutes and made up of three to five of the following activities:

-  **Kitchen Safety** — Learn how to be safe and clean in the kitchen, along with the value of healthy eating. Prepare a snack using fresh fruits and vegetables.
-  **Food Substitutions** — Learn the value of substituting a healthy alternative. Create a dip to go with your fruits and vegetables.
-  **Choose My Plate** — Learn about the government initiative meal guidelines on how to put together a balanced meal while making a healthy wrap.
-  **Ground Up** — Learn about the value of food from the ground up and how to get fit in the garden. Plant a vegetable seedling.
-  **Fitness** — Learn about the importance of fitness in your daily activities. Stretching exercises and jumping rope.

### Agency Information

Please provide your agency information and/or a point person which we can contact about bringing this program to you. A Kids in the Kitchen committee member will be in contact with you during the end of August/early September to further discuss these programming opportunities.

Agency Name: \_\_\_\_\_

Program Name (if different from above): \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Website: \_\_\_\_\_

Contact Person/Position: \_\_\_\_\_ Phone # of Contact Person: \_\_\_\_\_

Any Questions please contact the Junior League of Sarasota at  
(941) 953-5600 or [menu4nutrition@jlsarasota.org](mailto:menu4nutrition@jlsarasota.org) and  
a Kids in the Kitchen committee member will be put into contact with you