



JUNIOR LEAGUE OF LONG BEACH
Women building better communities®

FOR IMMEDIATE RELEASE
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**THE JUNIOR LEAGUE OF LONG BEACH HOSTS ITS
11TH ANNUAL KIDS IN THE KITCHEN COMMUNITY EVENT
FOR CHILDREN AND FAMILIES NEXT SATURDAY, MARCH 12**

FROM 10:00 AM TO 2:00 PM AT MARTIN LUTHER KING JR. PARK IN LONG BEACH

March 3, 2016 (Long Beach, Calif.) Long Beach families have an opportunity to take part in the **Junior Leagues' Kids in the Kitchen community event from 10 a.m. to 2 p.m. on Saturday, March 12, at MLK Park (1950 Lemon Ave.)**. Kids in the Kitchen is in its 11th year, hosted by the Junior League of Long Beach in partnership with the Health Department's Healthy Active Long Beach program.

This free healthy eating and exercise fair, which attracts more than 1,500 attendees annually, includes health screenings, fitness demonstrations, healthy food samples, live performances, face painting, seed planting, giveaways, and much more. More than 30 vendor booths will be set up to provide information about healthcare, nutrition and city resources. The band Jelly of the Month Club will be entertaining the crowds throughout the afternoon.

This is a great photo opportunity too, with costumed characters such as Bobby the Banana, Penelope the Pineapple from Dole and Pete the Cat. Skatedogs will also be onsite with a mobile skate park conducting clinics for kids.

"The Junior Leagues' Kids in the Kitchen is an amazing event bringing community partners, league volunteers and attendees together towards one mission – promoting the importance of eating healthy and being active with exercise," said Voula Contos, 2016 JLLB Kids in the Kitchen Committee Chair. "It's a highlight of our League year, and as an organization we take pride in this event being a Long Beach city staple program which is supported by the Association of Junior Leagues International Inc. and its member Leagues, with the national goal to empower youth to make healthy lifestyle choices and help reverse the growth of childhood obesity and its associated health issues."

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Kids in the Kitchen event attendees will also be able to enjoy these activities:

- Create Your Own Place Mat
- Soccer drills and goal-kicking skills from Greater Long Beach Youth Soccer
- Dental screening by the Long Beach Dental Hygenists Society
- Bike helmet giveaways from Miller Children's Hospital and Kohl's
- Bike repairs, bike art and bike swap from Empact Communities
- More than 15 raffle item opportunities including a child's bike
- Booths including Campfire USA, Boys & Girls Club, Long Beach Public Library, Storm Water, Long Beach Transit, and more
- Healthcare information from Molina Healthcare, The Children's Clinic, Miller's Hospital, Welcome Baby-Miller's Hospital, Crohn's and Colitis Foundation, Medi-Cal, Long Beach Health Department and Environmental Services
- Fitness info from First 5 LA
- The first 500 kids to attend will get a free goodie bag with giveaways!

What started as a small group of Junior League volunteers cooking healthy snacks in a parking lot 11 years ago has grown exponentially in the past decade. With the addition of major community partners, such as Healthy Active Long Beach, the event today is able to bring community organizations together to reach families in underserved neighborhoods. The Junior League also hosts several mini Kids in the Kitchen events year-round, bringing professional cooking classes to groups of children in these neighborhoods.

For more details about JLLB's 11th Annual Kids in the Kitchen community event please visit www.jllb.org. Local businesses and organizations who would like to participate through cash contributions and raffle items should contact Voula Contos at (206) 250-7888 or kitk@jllb.org.

The Junior League of Long Beach was established in 1931 as an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Through needs assessment, support of fund development and volunteer hours, the Junior League of Long Beach has been instrumental in launching more than 60 projects and programs into the greater Long Beach community. For more information, to become a sponsor, make a donation, or to become a member, visit www.jllb.org.