



**The Junior League of Phoenix** was proud to recently participate in *Kids in The Kitchen*, an annual event supported by **The Association of Junior Leagues International Inc.** The goal of the Junior Leagues' *Kids in the Kitchen* initiative, is to empower youth to make healthy lifestyle choices and help reverse the growth of childhood obesity and its associated health issues. The initiative, which began in 2006, engages kids in the preparation of healthy meals and educates them and their parents regarding nutrition and healthy choices. Junior Leagues in more than 255 locations provide lessons and demonstrations related to preparation of healthy meals and snacks. You can go to <http://kidsinthekitchen.ajli.org/> for more information.

Our *Kids in the Kitchen* event was held on March 7<sup>th</sup> at one of our community programs, **Girl Scout First Saturdays**. This program is a great fit for the event, as it is designed for girls, aged 5-12, from economically challenged and ethnically diverse neighborhoods, to meet on the first Saturday of every month to attend Girl Scouts. Our committee facilitates the program for about 70 girls at Webster Elementary in Mesa. We have organized a variety of fun and educational activities already this year and had a wonderful time bringing *Kids in the Kitchen* to the girls. We hope that we can help instill the desire to make healthier eating choices that will last a lifetime. It was a great opportunity to use our positive influence as role models and the fun activities of the event to educate them on lifestyle choices. Visit <http://www.girlscoutsaz.org> for more information about Girl Scouts.

At the event, girls learned how to make healthy snacks, including Fruit Kabobs, On-the-Go-Omelets and Painted Toast and Strawberry Smoothies. They also learned how to read food labels, learned about portion control and studied the food pyramid by playing "Eat This Not That." Our goal at this event was to encourage a healthy lifestyle, which includes fitness. The girls got a chance to get moving during a kickboxing lesson taught by a JLP member who is also a kickboxing instructor.

We strongly believe that the girls learned a great deal at the event and will be able to apply the information to their lives now and in the future. For more information, contact **Jennie Elser** at [jelser@cox.net](mailto:jelser@cox.net)



## On-the-go-Omelet, from the AJLI Kid's in the Kitchen recipes

**Difficulty:** Medium

**Ingredients:** 2 large eggs 1 small tomato, chopped 1 scallion, chopped or 1 tablespoon chopped onion, grated parmesan cheese (optional)

**Directions:**

- \* Place the eggs in a microwave-safe bowl.
- \* Beat the eggs lightly with a fork.
- \* Add the tomato and scallion; mix together.
- \* Cover the bowl with a paper towel.
- \* Place the bowl in the microwave oven.
- \* Cook on High for 45 seconds.
- \* Remove the bowl from the microwave oven, and stir once.
- \* Cover the bowl with a paper towel, and return to the microwave oven.
- \* Microwave on High for 45 seconds longer.
- \* Remove the bowl from the microwave oven.
- \* Top with the grated parmesan cheese, if desired.
- \* Spoon the eggs onto a plate and enjoy.

Makes 1 serving.

Nutrition information:

Calories: 162

Fat: 10g

Carbohydrates: 3.3g

Protein: 14g

Fiber: 0.6g

Sodium: 150mg

Calcium: 12.3mg

Recipe source: From Food 4 Life, The Junior League of Greenwich, Connecticut