

**FOR IMMEDIATE RELEASE**

**Junior League of Buffalo “Kids in the Kitchen” & Boys & Girls Clubs of Buffalo, Masten Clubhouse**

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Boys & Girls Clubs of Buffalo: Rebecca Rowe, Director of Program Operations & Specialized Services (716) 825-1016 ext 216 or [browe@bgcbuffalo.org](mailto:browe@bgcbuffalo.org).

**Junior League of Buffalo “Kids in the Kitchen”**

The Junior League of Buffalo will once again be providing “Kids in the Kitchen” lessons and activities with the Boys & Girls Clubs of Buffalo on **Saturday, March 28**, at the Masten Clubhouse, 397 Northland Avenue from 10:00 a.m. to 12:00 p.m. The “Kids in the Kitchen” initiative, which is supported by The Association of Junior leagues International Inc. and its member leagues is a well established program designed to help empower youth to make healthy lifestyle choices and help reverse the growth of childhood obesity and health issues directly related to poor nutrition. The Junior Leagues believe that education and hands- on involvement in healthy meal preparation is the first steps to making a lasting change in our children’s future.

Club members in grades K-8 will participate in a series of age-appropriate activities designed to promote healthier lifestyles through a series of educational and enjoyable games, stories, fitness, and hands-on cooking lessons taught by local Celebrity Chefs from the Savvy Gourmet and the WEB members (new Junior League members), all designed to inform, review and reinforce the “Kids in the Kitchen” themes.

Involving children in the preparation of their own meals and equipping them with the knowledge they need to make healthy food choices helps children build confidence as well as learn reading, math and science, not to mention art and health and safety concerns in the kitchen. Participants will leave with a variety of materials, (recipes, healthy food they made) memories of fun and new friends from the afternoon at the Masten Clubhouse.

For additional information on the Junior League of Buffalo ‘Kids in the Kitchen’ program or ways you can support the initiative contact Marie Battaglia media contact 716-626-2665 or [marie@savvygourmet.com](mailto:marie@savvygourmet.com).

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