



DID YOU KNOW...

- *Playing basketball for 30 minutes can burn 250 calories.*
- *A single can of cola contains about 8 teaspoons of sugar!*
- *On the whole, kids who eat meals with their families do better in school.*
- *Michelle Obama has made health and nutrition for kids a top priority.*

Learn even more about how to make healthy choices all day long at the free
Kids In The Kitchen: Food & Fitness Fun Fair!
presented by The Junior League of Montclair-Newark, Inc.

Children between the ages of 5 and 12 and their parents are invited to enjoy a wide variety of fun activities like hip hop dance, international food tastings, double dutch jump rope, yoga and much more. You'll leave with plenty of ideas for ways to eat and play healthier from breakfast till bedtime!

When: Saturday, March 6th

11:00 AM – 3:00 PM

Where: The Salvation Army

(13 Trinity Place, Montclair -- off of Church St.)

REGISTRATION IS REQUIRED. All attendees must be accompanied by an adult.

If you'd like to join us at this exciting event, please send an email to KIDSINTHEKITCHENNJ@GMAIL.COM WITH THE FIRST AND LAST NAMES OF ALL ATTENDEES, THE AGES OF ALL CHILDREN, A PHONE OR EMAIL CONTACT, PLUS ANY SPECIAL NEEDS WE SHOULD KNOW ABOUT. Register early, as space is limited!

We look forward to seeing you at the Salvation Army in Montclair on March 6th!

The Junior League of Montclair-Newark, Inc. is proud to partner with COPE Center, Family Service League, Inc., Girl Scouts Heart of New Jersey, Montclair Public Schools, Mountainside Hospital, Newark Emergency Services for Families, The Salvation Army and United Way of North Essex on this exciting event.

www.jlmn.org | 973-746-2499 (prompt #3)