

News from the Junior League of Kansas City, Missouri

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Junior League of Kansas City, Missouri Celebrates Commitment to Children's Nutrition and Fitness

KANSAS CITY, MO--The Junior League of Kansas City, Missouri is hosting a Healthy U, Healthy Me! Celebration on Saturday, May 16th from 1:00-3:00 p.m. at the Tropics Tent at the Kansas City Zoo, 6800 Zoo Dr, Kansas City, MO 64132. This event is open to Junior League families and families from University Academy in recognition of their Healthy U partnership. Since 2010 Healthy U has incorporated several layers of programming focused on nutrition and undernourishment, healthy choices, eating on a budget, and fitness programming for children.

"Over the last five years, the Junior League of Kansas City, Missouri has granted over \$500,000 and more than 20,000 volunteer hours to organizations in Kansas City that have created innovative ways to address the issue of childhood obesity. One of the positive results was found in our Family Dinners program where over 90% of participating children demonstrated a behavior change by increasing their daily activity and minimizing sugar in their diet." – Christy LaHood, Director of Community Impact

Highlights at the Healthy U, Healthy Me! Celebration will include a DJ, magician, inflatable activities, group fitness sessions, and much more! A "Hip Hop Rap" was also created to celebrate the positive impact made on children at University Academy. The video can be found on the Junior League website at jlkc.org.

"The League's commitment to Children's Nutrition and Fitness and ability connect and partner with organizations such as Harvesters and University Academy has proven to be a promising experience that has proved to be mutually beneficial. Together we have delivered almost 35,000 healthy food option backsnacks to the children at University Academy. Partnerships such as these foster positive results and allows our League to become catalysts for change in our community." Julie Randolph, President.

Since 1914, the Junior League of Kansas City, Missouri has been associated with more than 350 community agencies and organizations. Since the League's inception, League members have donated more than \$15.7 million and over 2.3 million hours of volunteer time. The Junior League of Kansas City, Missouri is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

For more information, please contact Christy LaHood, Community Impact Council Director, [816.813.1044](tel:816.813.1044) or Julie Randolph, President, [816.853.7773](tel:816.853.7773).

For more information about the Junior League of Kansas City, Missouri, visit www.jlkc.org.

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