



Junior League of Lubbock in collaboration with Covenant Woman and Children's Hospital and United Supermarkets are working together to fight childhood obesity in the Lubbock Community, with a program called Kids in the Kitchen. Kids in the Kitchen provide several educational programs to the community, teaching kids how to prepare healthy meals and snacks that are affordable and tasty. Also, educational programs about healthy eating and exercise are part of the Kids in the Kitchen program.

Upcoming events for Kids in the Kitchen are:

- December 6<sup>th</sup> Holiday Nutritional Bingo at the 50<sup>th</sup> Street United Market Street from 10:00 am – 4:00 pm,
- February 14<sup>th</sup> Cupid Nutritional Bingo at the 50<sup>th</sup> Street United Market Street from 10:00 am- 4:00 pm
- March 7<sup>th</sup> Healthy Home Run Nutrition Event at Covenant Health System

For additional information about the Kids in the Kitchen program or upcoming events please call 806.794.8874 ext. 254 and leave your name and number and Cathleen Reid, Kids in the Kitchen Coordinator will return your message as soon as possible.