



JUNIOR LEAGUE OF
FORT WORTH

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The Junior League of Fort Worth Presents Healthy Heroes Program

Mar. 7, 2019 (Fort Worth, Texas) - Living a healthy lifestyle extends beyond our kitchens, and awareness of wellness being all around is an important trending topic. The Junior League of Fort Worth (JLFW) looks forward to once again making students aware of healthy wellness choices during its *Healthy Heroes* curriculum week at several participating Fort Worth ISD schools. *Healthy Heroes* is a program of the Junior Leagues' *Kids in the Kitchen* initiative which is a nation-wide collaboration providing a hands-on environment with a goal of promoting child health and wellness by empowering youth to make healthy choices. The program creates a positive approach in disseminating important lifestyle information and tools to critical needs youth in our community.

The benefits of good nutrition is a skill to be learned, ultimately impacting a child's health, preparedness to learn, and respect of self. The youth in our participating schools, are provided a strong foundation intended to last a lifetime; additionally, impacting their loved ones towards a healthier lifestyle.

"We are excited to bring this year *Kids in the Kitchen* event - *Healthy Heroes* to the neighborhoods of our participating schools. Our partnership with Mayfest over the last 45 years has allowed us to share the importance of a healthy lifestyle with thousands of Fort Worth students and their families," said JLFW President Carrie Cappel.

This year, four daily lesson plans will be delivered to students in 2nd to 5th grade starting Monday, March 18 through Thursday, March 21. Students will be asked to complete daily wellness challenges as homework and will receive one ticket to enter in a prize drawing for each challenge they complete. Participating schools include Como Elementary, Eastern Hills Elementary, Western Hills Primary and Western Hills Elementary with over 1,800 students learning from the curriculum. Winners will be announced for Western Hills Primary and Western Hills Elementary at a community Field Night to be held on Thursday, March 21 from 5 p.m. to 7 p.m. at Western Hills Elementary School. Students and their families will enjoy food, games, health and wellness vendors for families to explore, free groceries from Tarrant Area Food Bank, and the chance to win more prizes. Como Elementary and Eastern Hills Elementary will receive prizes during a special pep rally at the school on Friday, March 22.

In its 9th year, *Healthy Heroes* and *Kids in the Kitchen* is possible thanks to grant funding from Mayfest, Inc. and the organization from volunteers in the Junior League of Fort Worth. For more information on *Healthy Heroes*, please contact the Junior League of Fort Worth at 817.332.7500 or visit www.juniorleaguefw.org.

About the Junior League of Fort Worth

The Junior League of Fort Worth, Texas, Inc. 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.

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