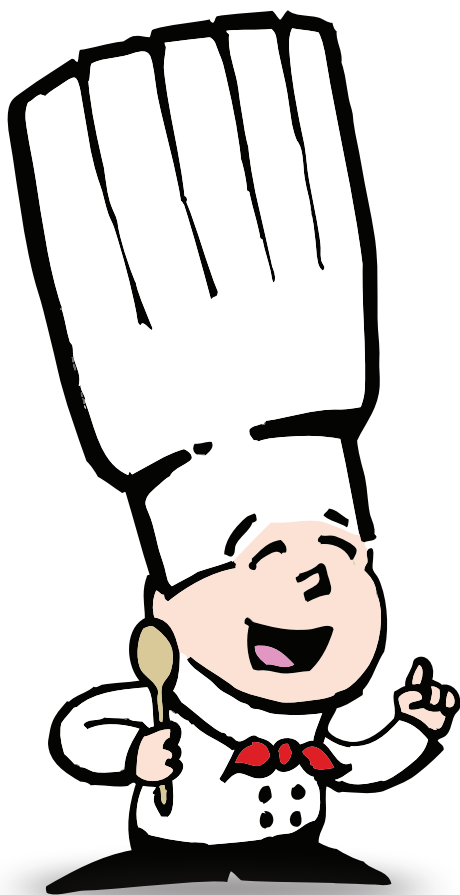


The Kids Cook Monday!

Start your week off right:
make Monday night family night!



The Kids Cook Monday is a weekly opportunity for families to take health into their own hands.

When kids pitch in making meals, they're empowered to consider the portions, the vitamins and the nutrients of what they're eating.

And since the family that cooks together eats together, parents can check in with their children during dinner.

The Kids Cook Monday website provides examples of kid friendly recipes and video demonstrations along with nutrition and safety tips—making it easy for families to cook and eat together every Monday.

**When kids help
prepare dinner,
they help
prepare
themselves
for life.**



The *Journal of Pediatrics* reported a lower incidence of obesity among children who regularly ate dinner with their families. Research from The National Center on Addiction and Substance Abuse at Columbia University suggests that kids who eat family dinners get better grades in school and are less likely to try drugs.

Cooking also reinforces skills to help kids succeed like math, teamwork and following instructions. So start your week off right and make eating right a family night!

To find out more and download our free family dinner toolkit, visit: TheKidsCookMonday.org

To get your family, website or program involved, write: info@thekidscookmonday.org