



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**For Immediate Release**

**Contact:**

Lalita Llerena  
Tampa Metropolitan Area YMCA  
813.224.9622 ext. 240  
813.545.7772 (cell)  
Lalita.Llerena@tampaymca.org

## **Kids Compete in the Kitchen**

**Tampa, FL (December 3, 2012)** – Take 30 fourth graders from the Sulphur Springs YMCA, mix in [The Junior League of Tampa](#), and add a dash of healthy competition...and you have a special Iron Chef event this Thursday.

The competition--inspired by the Food Network's popular show *Iron Chef America*--is the finale event for the eight-week Junior Leagues' *Kids in the Kitchen* program. The Junior League of Tampa cooked up the program within the YMCA at Sulphur Springs Elementary School to teach children to live healthier lifestyles. Students in the afterschool program learn the importance of protein and fiber in their diets, and are also introduced to new foods and taught how to prepare healthy meals themselves.

"Combating childhood obesity and its associated health risks is a key focus area for Junior Leagues nationwide, and The Junior League of Tampa is taking steps at the local level to help children arm themselves," says Stephanie Wiendl, president of The Junior League of Tampa. "*Kids in the Kitchen* teaches children sustainable skills in choosing the right foods that give them the energy to learn and be active, laying the groundwork for a lifetime of healthy eating," says Wiendl.

The Iron Chef event will take place **Thursday, December 6<sup>th</sup> from 4:30-5:30 p.m. in the cafeteria at Sulphur Springs Elementary**. The Junior League of Tampa and other community representatives will judge the children's healthy pizza creations and award prizes. Every child will go home with a grocery sack filled with healthy recipes and all of the ingredients to create meals for themselves and their families.

###

### **About the Y**

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 142,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [www.tampaymca.org](http://www.tampaymca.org)