

KIDS IN THE KITCHEN EVENT

By Faith Lippe

On Saturday, March 3, 2007, from 11:00 until 2:00, the cafetorium at Claremont School was transformed into a Wellness Fair. The event was called 'Kids in the Kitchen' and was sponsored and run by the Junior League of Westchester-On-Hudson, for Claremont students and their families.

There were balloons and flowers everywhere and beautifully decorated tables were set up with health information from the Open Door in Ossining, organic food information from Mrs. Greens in Briarcliff Manor, and information about healthy eating and exercising from nutritionist Linda Arpino. Some of the Ossining school nurses were also on hand to do blood pressure screenings. There were also 3 food stations where volunteers from the Jr. League helped students and their families make turkey wrap sandwiches, yogurt parfaits (with some ingredients provided by the Wobble Café in Ossining), and a healthy Trail Mix. Recipe cards were provided as well (in English and Spanish), so families could make these healthy food items at home.

Interactive entertainment was provided throughout the event. Girls from the Opportunity Charter School in New York City gave a "step" dance performance and led the crowd in some simple dance instruction, as well as some 'double dutch' jump rope lessons. Instructor Kiss and second-degree Black Belt student Andrew Lippe from the United Martial Arts Center (UMAC) in Briarcliff Manor did a TaeKwonDo demonstration and led the students in a white belt form (exercise). Instructor Kiss also spoke to the students about the importance of having a 'black belt' attitude with regard to taking care of your body: eating right, exercising, having a positive attitude and getting enough sleep.

Finally, all attendees of the event left with some fantastic giveaways: a large red plastic water bottle, a pencil case filled with school supplies, and refrigerator magnets and stickers from Dannon yogurt – all placed inside a beautiful red nylon backpack.

It was surely an event to remember!