

White House Recipe Challenge for 8-12 Year Olds

BY KATHRYN GUYLAY

Do you know a child between the ages of 8 and 12 years old who would enjoy an expense-paid trip to Washington, D.C., to meet the First Lady and see our nation's Capitol? Would you like to inspire in that child a sense of self-responsibility for eating healthy foods, including fresh and colorful fruits and vegetables, lean protein, whole grains and low-fat dairy? How about getting kids excited about working in the kitchen, having fun testing out their culinary skills, and taking their turn cooking? Finally, how about an oppor-

tunity for that child to become a community service-oriented member of society, empowered by the First Lady with the role of being an ambassador for health as part of an important national movement?

If the vision I have painted sparks an interest, I encourage you to visit www.Epicurious.com and, together with your child, enter the Healthy Lunchtime Challenge & Kids' "State Dinner". It is a national recipe contest designed to inspire kids to create fun, healthy and delicious recipes that meet the nutritional guidelines for MyPlate (see www.ChooseMyPlate.gov).



COURTESY PHOTO: Elena and Kathryn Guylay with Mrs. Obama at last year's Kids' State Dinner. (Elena won by submitting her 'Fiesta Casserole' recipe for the state of Idaho).