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**FOR IMMEDIATE RELEASE**

**Junior League of Northern Virginia to Host Kids in the Kitchen Spring Health Fair on May 1**
*Fair promotes healthy eating and active living a priority through interactive, family-friendly activities for children of all ages.*

MCLEAN, Virginia (April 2, 2016) — [The Junior League of Northern Virginia](http://www.jlnv.org/) (JLNV) will host the 7th annual *Kids in the Kitchen (KITK) Spring Health Fair on Sunday*, May 1, 2016, from 10 a.m. – 2 p.m. at the beautiful Mosaic District, located at 2910 District Avenue in Fairfax, Va. There is no charge to attend the *Kids in the Kitchen Spring Health Fair*, and all ages are welcome.

Since 2010 the *Kids in the Kitchen Spring Health Fair* has been the JLNV’s largest community event, serving hundreds of children and their families. The *Spring Health Fair* features activities and educational booths hosted by local non-profits and businesses that share our goal of promoting healthy eating and active living. Interactive booths ill introduces families to basic concepts of nutrition and healthy eating through hands on demonstrations. Family friendly activities at the health fair will include: fitness demonstrations, nutrition games and prizes. Exhibit opportunities are available for community partners that focus on childhood wellness. For more information call 978-290-2489 or e-mail kitk@jlnv.org.

“The JLNV is committed to reducing the number of children impacted by obesity by empowering families to make healthier lifestyle choices,” said JLNV President, Beatriz Duque Long. “The *Kids in the Kitchen Spring Health Fair* is an opportunity to bring together families, health professionals, and local organizations and businesses promoting healthy lifestyle components in a fun, educational way to initiate the important conversation surrounding childhood obesity, with affects 1 in 5 children in Northern Virginia.”

*Kids in the Kitchen* is a nutrition education initiative from the Association of Junior Leagues International, Inc. designed to help communities address the urgent issues surrounding childhood obesity and poor nutrition. *Kids in the Kitchen* delivers evidence-based nutrition education programs designed by JLNV and held in partnership with local community organizations to educate families about healthy eating through nutrition lessons and hands-on cooking demos.

JLNV community initiatives introduce children to where their food comes from and to basic concepts of nutrition and healthy eating through our *Kids in the Kitchen* and *Market Explorers* programs, and by supporting access to healthy food options and physical activity opportunities like community gardening initiatives and a Swim Camp held in the summer and winter.

For more information about *the Kids in the Kitchen Spring Health Fair* and the Junior League of Northern Virginia, visit [www.jlnv.org/kitkspringhealthfair](http://www.jlnv.org/kitkspringhealthfair) and [www.jlnv.org](file:///C%3A%5CUsers%5Cmarth%5CDownloads%5Cwww.jlnv.org).

**About the Junior League of Northern Virginia**
The Junior League of Northern Virginia (JLNV) 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. For nearly 60 years, the JLNV has provided hundreds of thousands of volunteer hours and more than $2 million to implement more than 25 community programs in Northern Virginia.

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