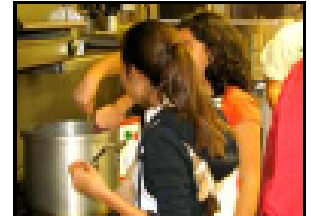


Kids in the Kitchen Learn "Dinner: IS Possible!"



"Our youth are at risk – at risk of becoming something great!"

This was Chef Tim Mahne's main message to a group from the James Clubhouse at The Boys & Girls Clubs of Las Vegas. Chef Tim and his wife Kim travelled from Houston, Texas to give their time to the Las Vegas youth through their healthy cooking program: "Dinner: IS Possible." JLLV's Kids in the Kitchen was excited to partner with Chef Tim to bring his message of healthy eating to more children.

Thirty children from The Boys & Girls Club participated in the hands-on program held at Southeast Career Technical Academy on December 8th, 2011. Chef Tim created a menu focused on substituting certain ingredients with healthier alternatives without sacrificing flavor. On the menu? Fruit kabobs with maple-brown sugar yogurt dip, "I Need Pita Chips" and the Ultimate Veggie Chili. The children worked at various

cooking stations as Chef Tim rotated through the kitchen, discussing healthy aspects of each dish while students and JLLV members assisted.

Students from the cooking school secretly set tables in the dining room with plates, silverware, fancy stemware and cloth napkins, designed to give the feel of a fine dining experience. The Boys & Girls Club members ooh'ed and ah'ed as they entered the room. And just like that...dinner was served! JLLV members poured drinks, drizzled yogurt on the fruit, and topped chili with cheese and sour cream per the request of each student. Everyone agreed: the food was terrific. Said Susan Holland, KITK co-chair, "They were so proud of what they had accomplished. I've never seen kids eat so much fruit!"

Chef Tim repeated the importance of eating healthy, stating that good nutrition leads to good grades, which leads to college. College leads to a good job which offers a

good income. And as all of the kids yelled what they would do with their future earnings, one girl yelled "Shoes!" She was immediately flagged as a future JLLV member.

Through the partnership with Cox Charities, the Boys

& Girls Club students went home with their very own KITK cookbook, apron, and laminated recipes from that evening's meal. They learned "Dinner: IS Possible" and food can be flavorful and healthy at the same time.

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