



## JUNIOR LEAGUE OF CHARLESTON

### FOR IMMEDIATE RELEASE

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### **Junior League's Summer Camp Focuses On Healthy Food, Prep, And Cooking**

**Charleston, SC** - For the second year in a row, the Junior League of Charleston has partnered with Trident Tech to host Kids in the Kitchen, a week-long culinary boot camp at the Columbus Street Campus. Kids ages 8-17 years-old from all over the Charleston area, applied for the camp scholarships to attend. They get the chance to learn about healthy eating habits, cooking for their families and just to have fun in the kitchen.

The week-long camp takes place August 1 - 5. Camp starts at 8:30 am for 8-12 year-old and 1:00 pm for 13-17 year-olds. The day starts in the classroom where students learn what the day's menu will be, receive instructions from the chef, and ask any questions. Then they head into the kitchen where they have two hours of hands on cooking experience! JLC members help with instruction as the students learn proper hygiene for the kitchen, how to dice and slice, and measure their ingredients properly. After that they're at the stoves and ovens cooking. Once the food is ready the kids clean up their work stations and head back to classroom to enjoy the fruits of the labor. Any leftover the kids take home to show their proud families what they accomplished that day.

The goal of Kids in the Kitchen is to help children who are part of the free and reduced lunch program to understand there are other options besides fast food and frozen meals. The kids learn to cook with what's available to them and can go home and share that knowledge with their families.

Interested media is welcome to attend camp anytime on August 1 - 5. Each student's parent has signed a photograph/media waiver. Please contact Christa, information is listed above to schedule an interview.

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The Junior League of Charleston, Inc is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers.