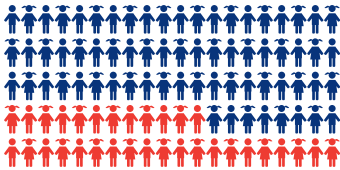




*educating children and families in understanding proper nutrition through community-based initiatives led by American Culinary Federation chef members*

## FACTS

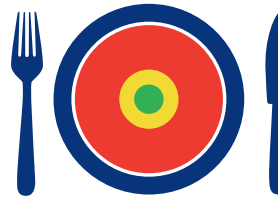
Nearly **32 percent** of children and adolescents in the United States are **overweight** or **obese**.



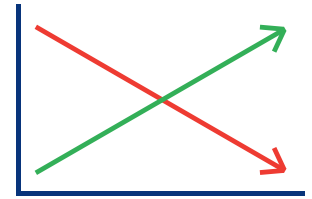
Today, in the U.S., more children suffer from malnutrition due to **dietary imbalances** rather than **nutritional deficiencies**



Portion sizes have exploded. They are now **two to five** times bigger than they were in **years past**.



A healthy diet helps children **grow** and **learn**. It also helps prevent **obesity** and **weight-related diseases**, such as **diabetes**.



**CHEF & CHILD PROGRAMS UTILIZE PROFESSIONAL CHEFS ACROSS THE COUNTRY AS COMMUNITY EDUCATORS THROUGH PROVEN PROGRAMS.**

## PROGRAMS

From demo activities in schools to outreach events in the community and customizable promotion material, CCF has the resources to make your event a success! Material is available for free on [www.acfchefs.org/ccfprograms](http://www.acfchefs.org/ccfprograms).

## HOW TO GET INVOLVED

- Contact the local Chef & Child chair in your chapter, or be the leader and start a Chef & Child committee in your chapter.
- Work with community partners to host outreach events with nutrition stations.
- Partner with a local school or after-school program for demos.
- For more information, please visit [www.acfchefs.org/CCF](http://www.acfchefs.org/CCF) or email [chefandchild@acfchefs.net](mailto:chefandchild@acfchefs.net)