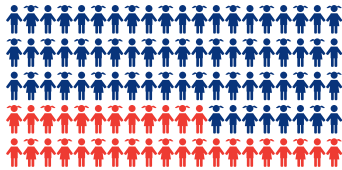




educating children and families in understanding proper nutrition through community-based initiatives led by American Culinary Federation chef members

FACTS

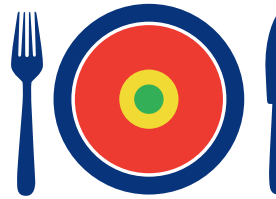
Nearly **32 percent** of children and adolescents in the United States are **overweight** or **obese**.



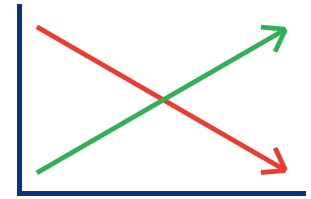
Today, in the U.S., more children suffer from malnutrition due to **dietary imbalances** rather than **nutritional deficiencies**



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.

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 or email chefandchild@acfchefs.net