Aurora, IL

Aurora University is teaming up with Pockets Restaurants, Communities In Schools of Aurora, Fox Valley Park District, East and West Aurora school districts, the Robert Crown Center for Health Education, and the Kane County Health Department to answer the call to address childhood obesity.

Students from Cowherd, Simmons, Waldo, Jewel, Jefferson, Herget and Washington will have the opportunity to be a part of something new and something fresh. They will hear from nutrition experts about the importance of nutrition, healthy eating, and portion control. The Fit Kids 2020 Plan was developed by parents, physicians, engineers, educators, students, planners, public health professionals, transportation experts, faith leaders, local policy makers and many more. Grants from the Kane County Health Department are being used to reverse the rising tide of childhood obesity in our county through a variety of programs designed to promote active lifestyles and increase access to fresh fruits and vegetables.

Pockets Restaurants of Aurora will sponsor a Top Salad Chef competition for the students in the participating Communities In Schools *MyTime* after school programs to create a healthy salad incorporating the ingredients already on the Pockets menu with an additional one wild card ingredient of their choice.(meat, cheese, fruit, vegetable, bean or nut). The students will design a name for their creation and each will be judged at the school level for the top winner. The top winner from each of the East Aurora schools will compete at Pockets on December 6 from 6:30 -7:30PM at 2933 Kirk Road, Aurora, IL. The top winner from each of the West Aurora schools will go on to compete at Pockets restaurant on December 8 from 6:30 -7:30PM at 1330 N. Orchard Road, Aurora, IL. Community leaders will be selected as judges for this competition. Each final winning student will have their Top Salad named after their school on the menu at their Pockets Restaurant for three months. Each final event is open to the public.

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