

# HEALTHY KIDS JOINS FORCES WITH CHILDREN'S BUREAU



The Healthy Kids at Children's Bureau group waves goodbye to a drone filming them for a special video

AS PART OF THE LEAD-UP to the Children's Bureau Blue Tie Gala (see page 106), the Bon Appétit Healthy Kids team hosted a very special class at the child abuse prevention nonprofit's Magnolia Center in downtown Los Angeles. Food literacy and healthy eating are among the vital resources that Children's Bureau offers its participating families and communities.

Bon Appétit Manager of Food Education for Children Hannah Schmunk and Disney Executive Chef Mayet Cristobal invited Children's Bureau activist Jangel Sedano to help them lead the class. Jangel is a 4th grader and young chef passionate about teaching other kids to cook, eat healthy, and move away from junk food. Although he's posted a series of Facebook videos from his home kitchen on how to cook healthy recipes, this was his first time teaching live in front of a class. And it wasn't just any class: 20 or

so kids, ranging in age from 5 to 8, whose families receive support from the Children's Bureau.

The kids arrived full of energy to learn how to make Jangel's fruity "pizza" and Mayet's vegetable lettuce wraps. Parents, aunts, uncles, and even a grandma stayed to watch.

Hannah and Mayet kicked off the class with a lesson on where food comes from and a taste test of watermelon radishes — which resulted in many scrunched-up faces — followed by more kid-friendly figs. Then it was time for Jangel, wearing his Children's Bureau Champions for Change apron and a chef hat, to lead the students in one of his favorite recipes to make at home: Greek yogurt on a pita round, decorated with strawberries, bananas, peaches, blueberries, a sprinkle of granola, and a drizzle of honey.



Young activist and kid-chef Jangel Sedano shows off his fruity "pizza" and vegetable wrap

He moved around the tables praising his students on their good work and encouraging them to get creative by making a design or a face with their toppings. He was a natural!

Mayet then taught the group how to make vegetable lettuce wraps, beginning with a demonstration on how to make hummus. For most of the kids, this was their first time trying (or even hearing of) hummus, and it proved to be a big hit! Next they made a basic vinaigrette, ribboned rainbow carrots with kid-safe peelers, diced Persian cucumbers and heirloom tomatoes with kid-safe knives, and added them to a bowl along with small radish rounds to toss in their salad dressing and build their wraps.

Class ended with a family picnic in the Children's Bureau's outdoor courtyard. One young participant commented, "I could eat this meal for 1,000 days in a row, and I still wouldn't be tired of it!"

*Submitted by Hannah Schmunk, Manager of Food Education for Children*



Kids enjoying the lunches they made



Disney Executive Chef Mayet Cristobal demonstrates how to make hummus



Jangel instructed the group in topping pitas with fruit, yogurt, and granola