

# kids teaching kids®

Educating and engaging students in better nutrition

Program Report  
April 2020

Developed and delivered by



**Medical City**  
Children's Hospital



**Volume 7**

# 21-Day Challenge Advisory Committee



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 Assistant Director of Athletics  
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**Wendi Hatley**  
 PE/Health Coordinator,  
 Mesquite ISD

The focus of the 21-Day Challenge Advisory Committee is to facilitate and coordinate the outreach of Medical City Children's Hospital 21-Day Challenge. The committee members are multidisciplinary representatives from each of the participating districts. We collectively meet once a month during the school year to share ideas and best practices to better serve students and teachers.

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# Overview

*"Our goal is to help kids develop lifelong healthy eating habits. We partner with Texas ProStart® culinary students to create kid-friendly, fun-to-make, fun-to-eat recipes featuring fruits and vegetables."*



Medical City Children's Hospital's *kids teaching kids*® program has grown by leaps and bounds since it was created in May 2010! As we reflect on our efforts this past year, we ask ourselves:

- Are we accomplishing our goal?
- Are we educating high school students?
- Are we engaging students in the challenge year after year?
- Are we creating a healthier community with the Kids Fit Menu!® at restaurants?

***This report answers our questions, highlights our successes and summarizes our plans to continue moving forward in our endeavors.***





# WHAT IS *kids teaching kids*®?

The *kids teaching kids*® program offers children and their parents the knowledge and resources to change their eating habits for the better. In the last 30 years, childhood obesity has more than tripled. Studies reveal that kids are snacking more frequently, and research suggests that eating fruits and vegetables may help maintain a healthy body weight. Medical City Children's Hospital recognized the need to educate children and their parents about healthy eating habits, beginning with eating more fruits and vegetables at snack time.

Medical City Children's Hospital and the Texas Restaurant Association Education Foundation have partnered with Texas ProStart® culinary programs in high schools across North Texas to bring *kids teaching kids* to fruition.

Medical City Children's Hospital has registered dietitians who teach culinary students about basic nutrition, how to read food labels and how to calculate nutrition facts for recipes. The students take that knowledge and stay within the nutrition criteria set by the dietitians and create fun-to-make, fun-to-eat snack recipes featuring fruits and vegetables.

With the help of high school graphic design and photography students, pictures are taken of these recipes and a book is designed that is created by kids, for kids! Medical City Children's Hospital prints and distributes the recipe books to elementary school students across North Texas.

The program doesn't stop there! Elementary school students are invited to take the 21-Day Challenge. This is an after-school snacking challenge designed to help students create new, healthier snacking habits. The school districts are getting behind this venture and encouraging their students to participate.

Through our data, we see that kids are changing their ways of eating, and chefs are following suit in their ways of preparation. Now, culinary students' recipes featuring fruits and vegetables are appearing on restaurant menus!

This happens by way of the Kids Fit Menu!® program, which is an extension of *kids teaching kids*, and it helps restaurants provide healthful dining options for their family customers.

The 21-Day Challenge @ Work is a direct result of the overwhelming success of our kids' version of the 21-Day Challenge. Our mission for the 21-Day Challenge @ Work is to educate and encourage adults toward healthier habits starting with eating more fruits and vegetables at snack time. Using the recipes created by high school culinary students, the result is increased energy and productivity in the workplace.

The *kids teaching kids* program is bringing communities together to help children eat healthier because healthful food isn't just good for you, it tastes good too!



## D CEO's 2019 Excellence in Healthcare Award

*kids teaching kids* was recognized for "Achievement in Wellness Programs" by D CEO's annual awards program celebrating Dallas-Fort Worth organizations' accomplishments of innovation in healthcare.

- 2019 ● 2019-D CEO's Excellence in Healthcare Award
- 2018 ● 2018-American Hospital Association NOVA Award®
- 2017 ● 2017- D CEO's Excellence in Healthcare Award nominee
- 2015 ● 2015-Texas Hospital Association Excellence in Community Service Award
- 2015 ● 2015-Congressional Record, Congresswoman Eddie Bernice Johnson, 30th District

# 2019 Program Report Recap

## Kids are eating more fruits and vegetables!

### Educating Future Chefs

After participating in *kids teaching kids*®, **77 percent** reported regularly using the information on a nutrition facts panel, a **23 percent increase** from pre-*kids teaching kids*.

### 21-Day Challenge Competition

- **37,104** students signed up
- **16,397** students completed the challenge
- Fruit and veggie consumption up by **8.5%**
- Cookie consumption down by **13.1%**
- Chips consumption down by **21.6%**
- Soda consumption down by **4.8%**
- **64%** said they tried a new fruit or veggie

### Kids Fit Menu!®

- **350,000** orders from Kids Fit Menus!
- **12** restaurant partners
- **330** locations

### Kids Fit Menu! Invitational

- **4** restaurant concepts
- **35** culinary students
- **14** Texas ProStart® programs

### 21-Day Challenge @ Work

- **23** companies participated



## DOLLARS AWARDED: 2018-2019 \$58,000

### Culinary Programs

**\$14,000** - Kids Fit Menu!® Invitational - Gordon Food Service, Cotton Patch Cafe, Cristina's Fine Mexican Restaurant, Fish City Grill & Half Shells, la Madeleine

### Texas ProStart Graduates

**\$2,000** - Scholarships - Medical City Healthcare, Matt's Rancho Martinez, The Original Pancake House

### Graphic Design Programs

**\$2,000** - Kroger - Recipe Book Design Contest

### Elementary PE Programs

**\$40,000** - Kroger, United Way of Metropolitan Dallas, Reliant - *kids teaching kids*® 21-Day Challenge Top Performers





# Program Partners

**Medical City Children's Hospital partners** with several professional organizations. These organizations offer support and added value to the *kids teaching kids*® program.

Among these are the Texas Restaurant Association and its chapters, including the Greater Dallas Restaurant Association, who understand that workforce development is critical to the future of the restaurant industry.

Their philanthropic foundation, the Texas Restaurant Association Education Foundation, works to provide educational opportunities for restaurant careers in Texas. The flagship program is Texas ProStart®, a two-year industry-based high school culinary and restaurant management curriculum. Currently, Texas ProStart is in more than 200 high schools, reaching 20,000-plus students annually.

Community partners like **Kroger, Reliant, United Way of Metropolitan Dallas, la Madeleine** and **Texas Restaurant Association Education Foundation**, our 21-Day Challenge corporate supporters, offered incentives to schools within each district, keeping them engaged throughout the challenge. **Scarborough Specialties** awarded cash to the design classrooms of the winner and runner-up of the annual design contest. **Medical City Healthcare, Texas Restaurant Association Education Foundation, Dairy MAX, DLA Piper, Genghis Grill, Grub Kitchen + Bar** and **Village Burger Bar** offered cash incentives to 12 culinary programs participating in the Kids Fit Menu!® Invitational. **Cristina's Fine Mexican Restaurant, Dream Cafe** and **The Original Pancake House** awarded Texas ProStart graduates scholarship money for working on a Kids Fit Menu! refresh during summer mentorships.



## **DOLLARS AWARDED: 2019-2020 \$110,100**

### **Culinary Programs**

**\$31,400** - Kids Fit Menu!® Invitational - Texas Restaurant Association Education Foundation, Medical City Healthcare, Dairy MAX, DLA Piper, Genghis Grill, Grub Kitchen + Bar, Village Burger Bar

### **Texas ProStart® Graduates**

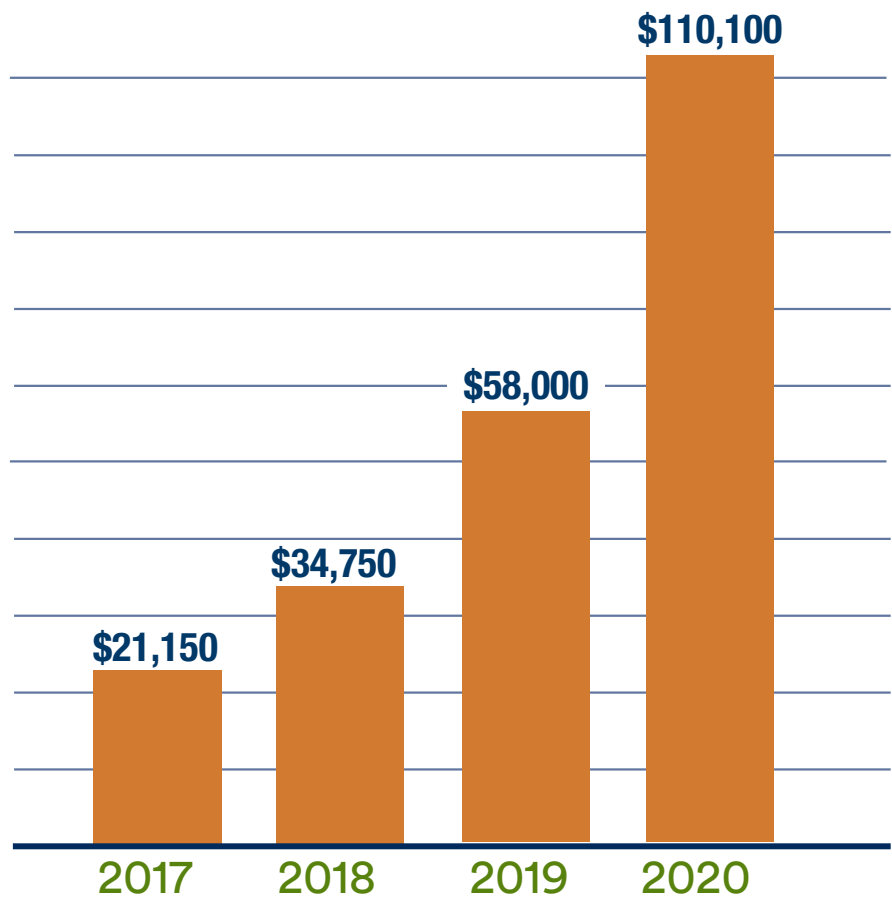
**\$4,500** - Kids Fit Menu!Summer Mentorships - Cristina's Fine Mexican Restaurant, Dream Cafe, The Original Pancake House, Texas Restaurant Association Education Foundation, Medical City Healthcare

### **Graphic Design Programs**

**\$2,000** - KTK Recipe Book Design Contest - Scarborough Specialties

### **Elementary PE Programs**

**\$72,200** - 21-Day Challenge - Kroger, Reliant, United Way of Metropolitan Dallas, la Madeleine



# kids teaching kids® Publications



**North Texas Recipe Book Volume 5**  
A collection of top recipes  
from 15 school districts.  
Download for free at  
[kids-teaching-kids.com](http://kids-teaching-kids.com)

**Since 2010, Medical City Children's Hospital** has collaborated with high school culinary, photography and graphic design students from all over North Texas to create fun, kid-friendly recipe books. Students gain real-world experience by participating in *kids teaching kids*® (KTK) programs.

Culinary students from 15 districts competed to have their recipes published in the 2019 Volume 5 *kids teaching kids* recipe book. Students were educated by *kids teaching kids* program dietitians about reading food labels, calculating nutrition facts and using fruits and vegetables in snacks. In order to enter the competition, students had to write recipes, calculate nutrition facts, and demonstrate their recipes in front of a panel of judges made up of elementary kids and adults.

Graphic design students from seven districts entered the design contest. Scarborough Specialties, our corporate supporter, scored the entries and awarded \$1,500 to the classroom of the top design and \$500 to the classroom of the runner-up. Students from Lewisville ISD, with the winning design, created the recipe pages and table of contents and prepared the book for print.



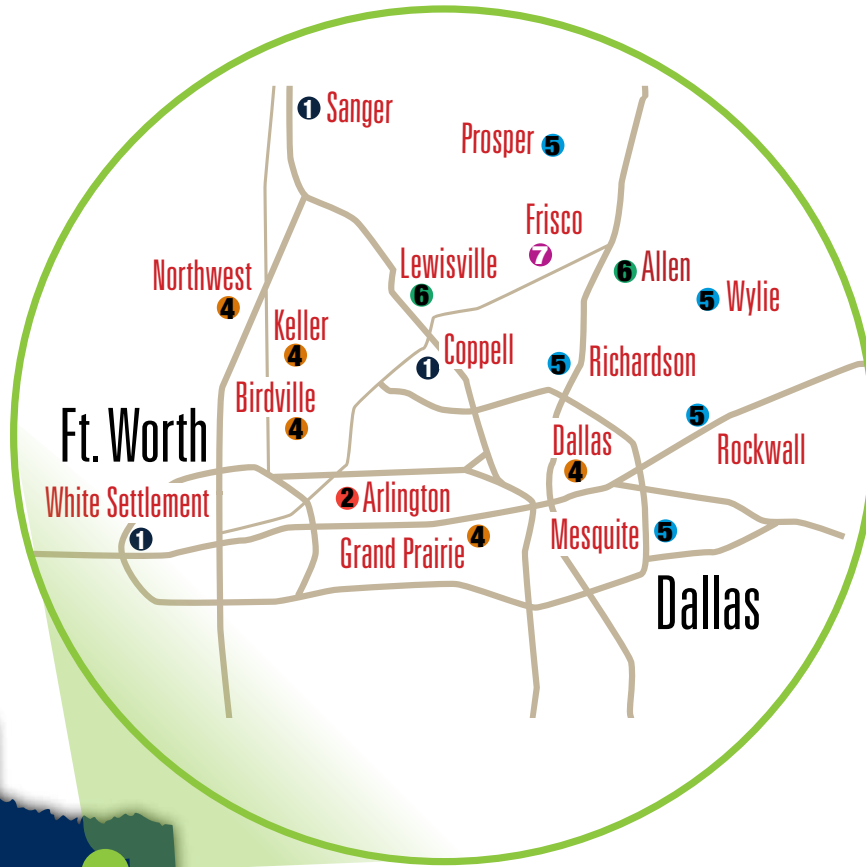
Contest winner: Students Tyty Cao and Anddy Nguyen with instructor Chrissie Robertson, Lewisville ISD



Contest runner-up: Students Emma Dixon and Gabriella Miani with instructor Sandra Gillmore, Frisco ISD



# kids teaching kids® Outreach in North Texas



**483**  
schools  
participated  
in the 21-Day  
Challenge



- 1
- 2
- 4
- 5
- 6
- 7

**YEARS OF  
PARTICIPATION**

- 2** **Arlington ISD:** 1 culinary program, 55 elementary schools
- 6** **Allen ISD:** 1 culinary program, 18 elementary schools
- 4** **Birdville ISD:** 1 culinary program, 7 elementary schools
- 1** **Coppell ISD:** 3 elementary schools piloted the program
- 4** **Dallas ISD:** 5 culinary programs, 150 elementary schools
- 7** **Frisco ISD:** 1 culinary program, 42 elementary schools
- 4** **Grand Prairie ISD:** 1 culinary program, 25 elementary schools
- 4** **Keller ISD:** 1 culinary program, 8 elementary schools
- 6** **Lewisville ISD:** 1 culinary program, 40 elementary schools
- 5** **Mesquite ISD:** 5 culinary programs, 33 elementary schools
- 4** **Northwest ISD:** 1 culinary program, 19 elementary schools
- 5** **Prosper ISD:** 1 culinary program, 11 elementary schools
- 5** **Richardson ISD:** 1 culinary program, 42 elementary schools
- 5** **Rockwall ISD:** 1 culinary program, 14 elementary schools
- 1** **Sanger ISD:** 1 culinary program, 2 elementary, 1 intermediate school
- 1** **White Settlement ISD:** 1 culinary program, 5 elementary, 1 intermediate school
- 5** **Wylie ISD:** 1 culinary program, 11 elementary schools

# Educating Future Chefs



Over **630** culinary students were educated since the last program report

**Our registered dietitians** from Medical City Children’s Hospital educated Texas ProStart® culinary students from 23 programs across Dallas-Fort Worth. Before they participate in developing snack recipes or Kids Fit Meals, they are educated on understanding food labels, reading nutrition facts panels and calculating nutrition facts for recipes.

We measure their learning by administering a three-question quiz prior to the learning experience. This same quiz is repeated approximately four weeks later on the day the students present and demonstrate their recipes.

The data shows that students are using and retaining the knowledge as we return to some of the same classrooms year after year. These future chefs are gaining both knowledge and skills to take with them as they continue their education and ultimately enter the culinary industry.



Survey Results	2014-2015 school year		2015-2016 school year		2016-2017 school year		2017-2018 school year		2018-2019 school year	
	Pre-Project	Post-Project	Pre-Project	Post-Project	Pre-Project	Post-Project	Pre-Project	Post-Project	Pre-Project	Post-Project
Q: Have you ever seen a Nutrition Facts Panel? A: Yes	100%	100%	100%	100%	99.6%	99.8%	100%	100%	97.0%	99.5%
Q: Do you use the information on the Nutrition Facts Panel? A: Yes	55.5%	90.0%	64.4%	82%	54.0%	77.6%	80.0%	93.2%	54.0%	77.0%
Q: What is the FIRST thing you need to look at on the Nutrition Facts Panel in order to understand the rest of the information? A: Serving Size	69.5%	85.0%	64.1%	86.8%	53.8%	76.9%	80.0%	88.6%	37.0%	58.0%

*"You have to look first at the serving sizes." - Keller ISD culinary student*

*"I learned how to use a Nutrition Facts Panel." - White Settlement ISD culinary student*

*"I learned how to create simple, healthy snacks for kids." - Birdville ISD culinary student*



Culinary students get a hands-on learning experience as they are educated on understanding food labels, reading nutrition facts panels and calculating nutrition facts for recipes.

2019-2020 school year	
Pre-Project	Post-Project
98.1%	99.2%
56.9%	70.8%
39.8%	53.3%



# The 21-Day Challenge

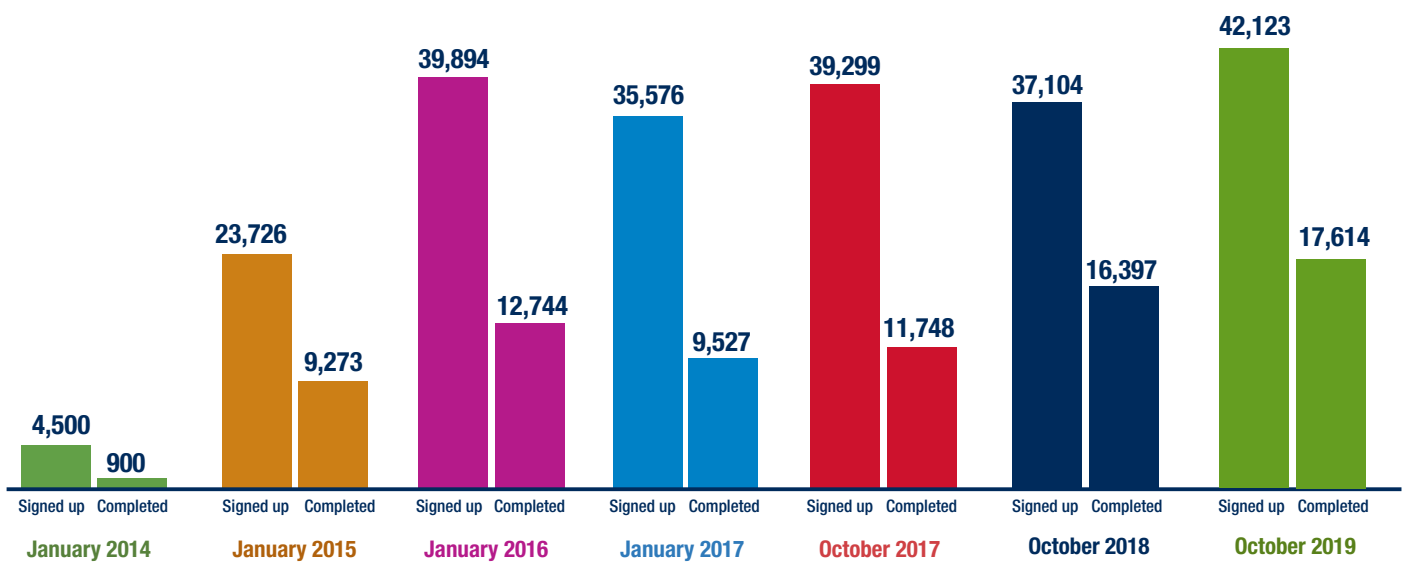


**The 21-Day Challenge** helps kids learn how to include fruits and vegetables at snack time. With this challenge, elementary school kids commit to eating one serving of fruit and/or vegetable for a snack every day for 21 days. High school culinary students create snacks that are featured in our *North Texas Recipe Book*, which is filled with fun-to-make snacks that kids can prepare themselves with little or no assistance from an adult. By challenging these young kids to repeatedly make healthy snacks, we are helping to improve their lifelong eating habits.

Since 2009, Medical City Children’s Hospital’s *kids teaching kids*® program has made great strides in helping change kids’ snacking habits. We continue to add new school districts to the program.

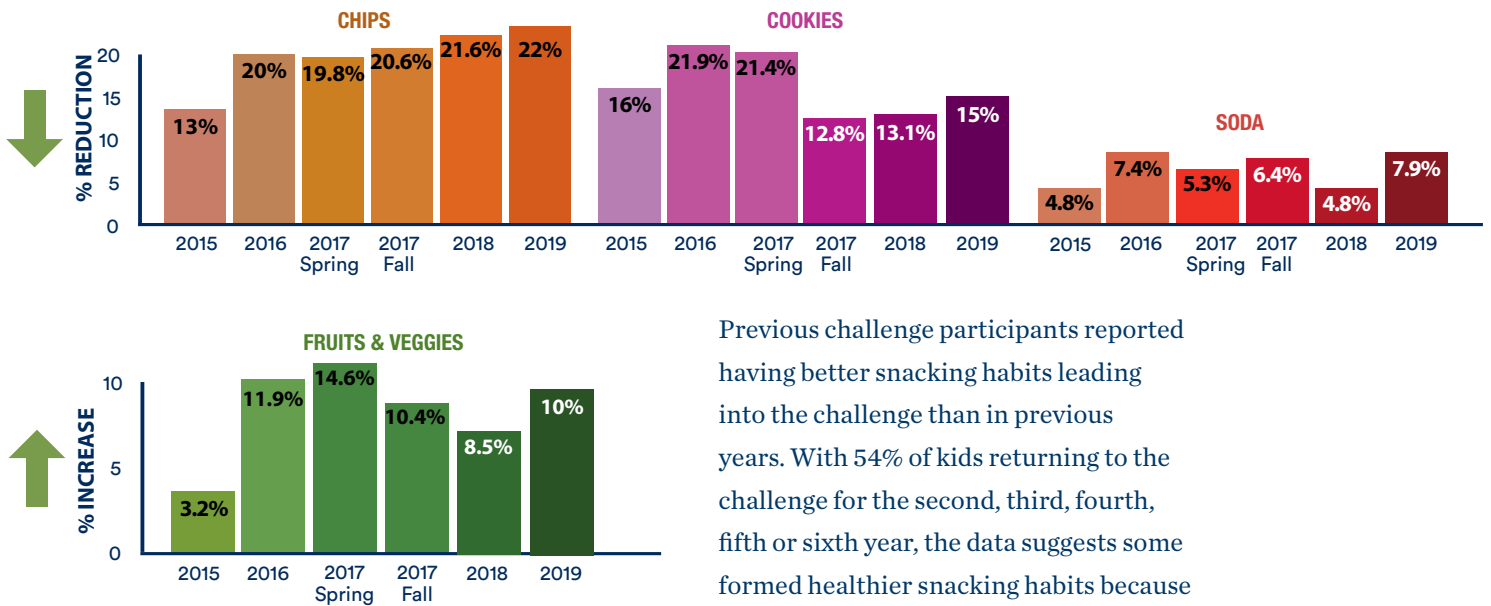
The 2019 21-Day Challenge format paired up school districts of similar size. Districts competed against each other for the highest percentage of students to sign up and complete the challenge. To qualify for prize money, both districts had to meet a minimum percentage of their student census to sign up.

Kroger, Reliant, United Way of Metropolitan Dallas and la Madeleine, our corporate supporters for the 21-Day Challenge, awarded \$90,000 to districts, with 80% going to elementary PE programs and 20% going to culinary programs. This competitive format, the backing of our corporate supporters, and the amazing educators and students participating in the challenge tell the story of a record-breaking number of students to sign up and complete the challenge in 2019.



# The 21-Day Challenge Results

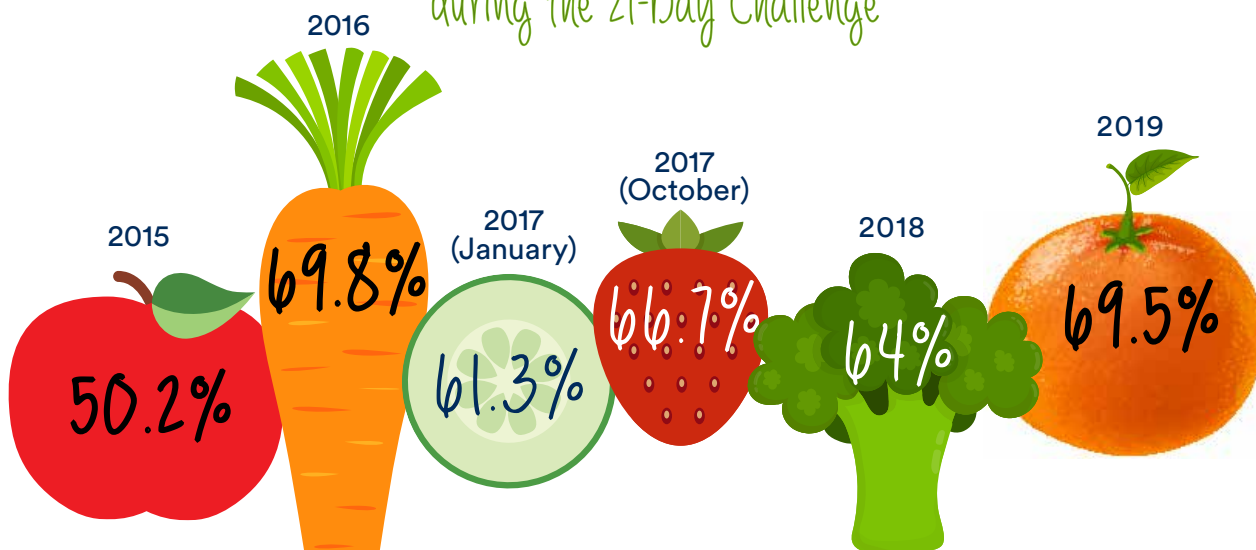
**During registration** for the 21-Day Challenge, we asked the kids about their typical snack. Were the snacks mainly chips, cookies, sodas, or fruits and veggies? Two weeks after the challenge ended, we asked the same questions, and this is what we found:



Previous challenge participants reported having better snacking habits leading into the challenge than in previous years. With 54% of kids returning to the challenge for the second, third, fourth, fifth or sixth year, the data suggests some formed healthier snacking habits because of the 21-Day Challenge.

Statistical analysis performed by Morley Herbert, PhD Biostatistician, Clinical Research, Medical City Dallas

Tried a new fruit or vegetable during the 21-Day Challenge





# kids teaching kids® Snapshot

Since the beginning of *kids teaching kids*®

**1.8 million**  
books distributed



**222K**

21-Day  
Challengers



**69.5%**  
tried a new fruit  
or veggie



**489K**  
Kids Fit Menu!®  
Orders



awarded to  
schools & scholarships

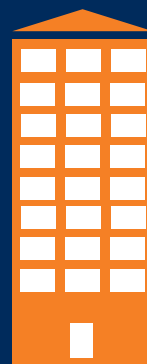
**2,400**  
culinary  
students  
educated



**21**  
corporate partners



Advisory  
Committee  
Stakeholders



**90**  
DFW companies  
participated in  
the **21-Day  
Challenge @  
Work** (17 are  
repeat participants)

March 2020



# Program Activities









# Kids Fit Menu!

In fall 2014, the Kids Fit Menu!® was born in partnership with the Greater Dallas Restaurant Association.



The Texas Restaurant Association Education Foundation has embraced this program and encourages its members to participate.



# Kids Fit Menu!® Advisory Committee



**Ryan Eason**  
Community Relations Director  
Medical City Healthcare



**Mary Abrams**  
Sales and Marketing Strategist  
Cleveland Menu



**Chad Boyle**  
President  
The Mise En Place Group



**Karen Burnell**  
Healthy Lifestyles Liaison  
Texas PTA



**Jennifer Cole**  
Coordinator for Career and  
Technical Education  
Fort Worth Independent School District



**Gretchen Crichton**  
Manager, Business Development  
Dairy MAX



**Jaime Dohn**  
Director of Training and Recruiting  
Fish City Grill and Half Shells



**Melissa Doolin-Koehne**  
Vice President Business Development  
TDn2K



**Blythe Grates**  
Marketing Director  
Firebird Restaurant Group, LLC



**Jill Elliott**  
Lead Registered Dietitian Nutritionist,  
kids teaching kids® Programs



**Sara Hundley**  
Senior Account Supervisor  
SPM Communications



**Roger Kaplan**  
Owner  
RK INNOVATION



**Shane Lovell**  
Business Development Manager  
FreshPoint Dallas



**Michael Massiatte**  
Of Counsel  
DLA Piper



**Brian Medina**  
Vice President of Strategy and  
Talent Acquisition  
Self Opportunity



**Heather Pickett**  
Director of Marketing and Operations  
3015 Trinity Groves



**Jerry Walker**  
Executive Director  
Greater Dallas Restaurant Association



**Sarah Walters**  
Franchise and Supply Chain Attorney  
DLA Piper



## The Kids Fit Menu!® Advisory Committee

was created in May 2016. Committee members include restaurateurs, community leaders and Texas ProStart® leaders who are passionate about making an impact on the long-term health of children in their communities.


The committee's focus is to support and expand the outreach of the program while strengthening the connection of Texas ProStart students in their local communities. Through collaboration and partnerships, our goal is to make the Kids Fit Menu!® accessible to more families and more restaurants in more communities across North Texas.



# Kids Fit Menu!®


### MEET THE CHEFS!

Medical City Children's Hospital and Village Burger Bar have teamed up to build a Kids Fit Menu!® using recipe creations from Texas ProStart® culinary students. To learn more, go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com).




**Grilled Turkey & Cheese Sandwich**  
Carrot & Celery Sticks with Ranch dressing  
Fruit Cup

Richard Nguyen & Tania Rivera from Jack E. Singley Academy - Irving ISD - 2019 Kids Fit Menu!® Invitational Winner



**Grilled Chicken Panini**

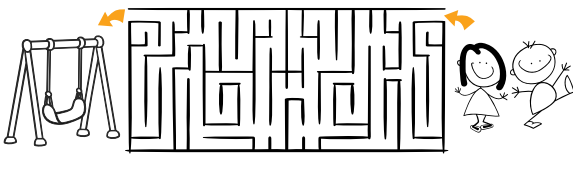
Houston Dockins & Jared Huerta from Mesquite High School - Mesquite ISD - 2019 Kids Fit Menu!® Invitational Winner



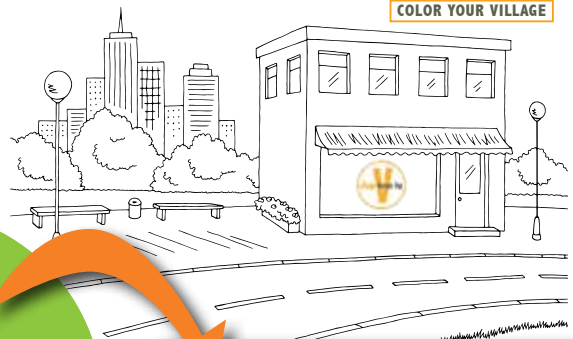
**Cinnamon Oranges**

Jon Luke Santillana, Kris Kritts from Newman Smith High School - Carrollton ISD - 2011

### FIND THE PLAYGROUND



### COLOR YOUR VILLAGE





Each Texas ProStart student chef is credited in print on the menu.

Medical City Children's Hospital registered dietitians and restaurateurs work with Texas ProStart® culinary students to create kids' meals that are delicious, nutritious and appealing to kids.

Each Kids Fit meal features **two servings of fruit and/or vegetables** and is nutritionally balanced to mirror the dietary guidelines for Americans, ages 2 and up.

### Meet the Chef



**Preslie Mann**  
All Kids Fit Menu items were created by Preslie Mann, a high school graduate from Queen Beatrix College and Career Academy in Rockwall.

Medical City Children's Hospital and Dream Cafe have teamed up to build a Kids Fit Menu using recipe creations from Texas ProStart culinary students. To learn more, go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com)





**Kids Fit Menu!**

## Breakfast

(only served 7 a.m. - 4 p.m. daily)

**Kids Fit Menu!**  
2 servings of fruit and/or veggie

**Dream Boat** ... \$4.75  
Egg scramble with ham & broccoli  
sautéed in a pepper ball  
served with cinnamon banana crisp.

**Fruity French Toast Sticks** ... \$5.00  
Sweet plus French toast sticks  
with a strawberry cream dipping  
sauce served with a berry 'garden'.

Cinnamon Roll ... \$4.00  
iced Cinnamon Roll

Muffin ... \$3.50

Organic Oatmeal Cup ... \$3.00  
with Banana & brown sugar

'Mickey' Pancake ... \$3.75

2x2 ... \$4.75  
Two scrambled eggs & two mini pancakes

Side of Bacon ... \$2.00

## Lunch & Dinner

**Kids Fit Menu!**  
2 servings of fruit and/or veggie

**Sea Star** ... \$6.50  
This fun starfish themed meal includes  
tuna salad served with toasted pine  
stranger sprinkled with blueberries  
and house-made granola served with a  
side of mixed fruit and yogurt

Cheese Pizza ... \$5.00

Cheddar Burger & Fries ... \$5.00  
Hummus Dress

Chicken Strips ... \$4.75  
Crispy or crony with French and fries

Side Broccoli ... \$2.00

### Drinks

Dragon soda (raspberry) ... \$2.00

Fruity soda (vanilla coke) ... \$2.00

Shirley Temple ... \$2.00

Milk ... \$2.00

Chocolate Milk ... \$2.50

Hot chocolate ... \$3.00

Strawberry - Banana Smoothie ... \$3.50

Apple or Orange Juice Box ... \$2.00

Lemonade ... \$2.00

Raspberry Lemonade ... \$2.50

### Snacks

Edamame ... \$1.50

Shrimp & nutral soybeans

Pot stickers ... \$2.00

Oniony bread with soy dipping sauce

Fruit cup & vanilla yogurt ... \$3.00

### Sweets

Cookie & ice cream ... \$4.00

Cinnamon Roll ... \$4.00

**Kids Fit Menu!**  
Disho-Hummus ... \$3.50  
A friendly snack with hummus and  
carrots in the shape of an octopus

**GET A FREE MEDICAL CITY CHILDREN'S HOSPITAL GIFT!**

1. Go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com)
2. Complete the online form
3. Your gift will be mailed to you!

Individual items and meals provided by Dream Cafe were reviewed by a Medical City Children's Hospital Registered Dietitian using Nutritionbase software. The accuracy of the information is an approximation and may vary due to several factors including, but not limited to, changes in ingredients and product information. Medical City Children's Hospital is not responsible for such variations, or the quality or content of the meals served.

... continuing to grow nationally

la Madeleine

**la Madeleine le children's MENU** **Medical City Childrens Hospital**

**Breakfast**  
 Scrambled Eggs with Bacon & Fruit (450 cal)  
 Waffle with Strawberries (250 cal) Syrup on side (100 cal)  
 Yogurt with Blueberries or Strawberries (125 cal)  
 Oatmeal with Blueberries, Strawberries or Raisins (90-110 cal)

**Lunch & Dinner**  
 with choice of:  
 Fruit Salads or Strawberry (10) 25 cal  
 Turkey or Ham & Cheddar Croissant (280 cal)  
 Grilled Cheese on Seven Grain (440 cal)  
 Cheese Pizza (480 cal)  
 Chicken Pesto Pasta (480 cal)

**\$5.29**  
 All served with choice of:  
 Horizon Organic<sup>®</sup> Milk (110 cal)  
 or  
 Honest Kids<sup>®</sup> Apple Juice (40 cal)

Medical City Children's Hospital and la Madeleine have teamed up to build a Kids Fit Menu using recipes created from Texas PreStart culinary students.



**OCEAN FACT:**  
 The largest ocean on Earth is the Pacific Ocean, covering around 30% of the Earth's surface.

**TREASURE HUNT**  
 Can you discover which path leads to the sunken treasure?

**FISH CITY GRILL**

**LIL FISHERS MENU**

**Medical City Childrens Hospital**

**COTTON PATCH CAFE KIDS MENU**  
 Kids Menu prices for ages 12 and under

**CHOOSE A MEAL PLUS TWO SIDES:**  
 Mashed Potatoes (80 Cal) • Corn (70 Cal) • Green Beans (40 Cal)  
 French Fries (380 Cal) • Cinnamon Apples (90 Cal) • Fruit (45 Cal)

**GRILLED CHEESE \$3.99 (360 Cal)**  
**CORN DOG \$3.99 (490 Cal)**  
**CHICKEN STRIPS \$4.19 (600 Cal)**  
**STEAK FINGERS \$3.99 (250 Cal)**  
**HAMBURGER \$3.99 (390 Cal)**  
**CHEESEBURGER \$4.29 (450 Cal)**  
**MACARONI AND CHEESE \$3.99 (430 Cal)**

**DRINKS**  
 Coke \$ .99 (40 Cal)

**Medical City Childrens Hospital Kids Fit Menu!**

Kids Fit Meal includes choice of 1 entree, 1 side and 1 dessert. Features 2 servings of fruits and veggies in every Kids Fit Meal.

**ENTREES (CHOOSE ONE)**

**CHICKABITES<sup>®</sup> \$3.99 (140 Cal)**  
 Grilled chicken bites. Served with garlic toast.

**CHICKADEE BOWL<sup>®</sup> \$3.99 (220 Cal)**  
 Mashed potatoes topped with corn & grilled chicken. Drizzled with brown gravy.

**SILLY STRING<sup>®</sup> \$3.99 (180 Cal)**  
 Spaghetti, marinara and parmesan cheese.

**COTTON PATCH CAFE KIDS MENU**

**Turn the menu over to meet all the Kids Teaching Kids chefs!**

**\$6 KIDS MEALS**

CREATE YOUR OWN BOWL  
 Get creative and build your own meal!

**MIGHTY MACARONI & CHEESE**  
 Cheddar Kraft<sup>®</sup> macaroni and cheese. (400 cal)

**KIDS FIT MENU**

Medical City Children's Hospital and Genghis Grill have teamed up to build a Kids Fit Menu<sup>®</sup>, featuring nutritionally sound creations from Texas PreStart<sup>®</sup> Culinary Students! Order from your server, and we will bring it to you!

**FAVORITA FAJITA BOWL**  
 EAST MEETS WEST  
 Hearty meal with green bell peppers, cabbage, tomatoes, corn and chicken with just the right amount of bean prep and our 100% Approved Seasoned Cattle Sauce. Served with steamed white rice. (440 cal)

**OPEN SESAME BOWL**  
 YOUR GATEWAY TO GENESIS  
 Premium Slow Cook Beef with a touch of garlic, baby corn, broccoli, carrots, green beans, pineapple, and Cilantro topped with Sesame Sauce. (440 cal)

**GENGHIS JR. BOWL**  
 THE ONE GETS AN A+  
 Mouths amused with garlic and black pepper, corn, broccoli, tomatoes, carrots, pineapple, beef, 100% Approved Seasoned Cattle Sauce and Spicy Sauce. (440 cal)

**MONGURRITO**  
 A KID-APPROVED FUSION SURE TO DELIGHT!  
 Korean BBQ Pork, green bell pepper, cabbage, mushrooms, pineapple, cilantro, garlic and sesame sauce. Served with flour tortillas. (440 cal)

CREATED FOR KIDS, BY KIDS!

**BEVERAGES**

All kids meals include choice of beverage with free refills.

MILK (160 CAL)  
 CHOCOLATE MILK (210 CAL)  
 APPLE JUICE (80 CAL)  
 CRANBERRY JUICE (90 CAL)  
 ORANGE JUICE (70 CAL)  
 PINEAPPLE JUICE (90 CAL)  
 COCA-COLA (60 CAL)  
 DIET COKE (0 CAL)  
 COCA-COLA ZERO (0 CAL)  
 SPRITE (60 CAL)  
 PEPPER (70 CAL)  
 MINUTE MAID LEMONADE (80 CAL)

Medical City Children's Hospital TRAEF TEXAS PreStart

Meet the chefs! Medical City Children's Hospital, Texas Restaurant Association Education Foundation and Genghis Grill have teamed up to build a Kids Fit Menu<sup>®</sup> using recipe creations from Texas PreStart<sup>®</sup> culinary students. To learn more, go to [www.kids-teaching-kids.com](http://www.kids-teaching-kids.com).

Get a FREE GIFT courtesy of TRAEF

1. Go to [www.kids-teaching-kids.com/gift](http://www.kids-teaching-kids.com/gift)  
 2. Complete online form  
 3. Your gift will be mailed to you!

Individual items not available at Genghis Grill were reviewed for a Medical City Children's Hospital Registered Dietitian using Nutrition Facts. The accuracy of the information in approximations are not guaranteed. Medical City Children's Hospital is not responsible for such variations, or the quality or content of the meals served.

[www.kids-teaching-kids.com](http://www.kids-teaching-kids.com) | [MedicalCityChildrensHospital.com](http://MedicalCityChildrensHospital.com) | [GenghisGrill.com](http://GenghisGrill.com)

**GENGHIS GRILL KIDS MENU**

FOR KIDS 11 AND UNDER





# 13 RESTAURANT BRANDS

Since 2014, the Kids Fit Menu!® program has grown from one restaurant with six locations to 13 restaurant brands with 286 locations. To date, there have been almost half a million orders from Kids Fit Menus.

# 282 LOCATIONS NATIONWIDE



8 locations



4 locations



10 locations



5 locations



7 locations



56 locations



20 locations



3 locations



1 location



18 locations



CREATE YOUR OWN STIR FRY

57 locations



80 locations



13 locations

Coming soon...



25 locations

# Kids Fit Menu!® Sales

Program  
orders  
to date:

# 500,000

(through March 2020)

# 10,000+

Average  
orders  
per month:



It is impressive to see the positive impact that local restaurants are having on the health of their communities through partnerships, not mandates!



# Kids Fit Menu!® Invitational



**3** restaurant concepts  
**12** Texas ProStart® schools  
**32** students competed

**Kids Fit Menu!**  
**LIVE DEMO EVENT**  
Presented by  
freshpoint 3015 Dairy ProStart U.A. PIPEM  
**Saturday, November 2, 2019**  
**10:00 a.m. - 3:00 p.m. come & go**  
3015 at Trinity Groves  
Gulden Ln, Dallas TX 75212

Observe top Texas ProStart culinary students from all over DFW perform a live demo of their Kids Fit Menu® creations in front of top restaurant brands.

No cost to attend, but must RSVP to [ryan.eason@medicalcityhealth.com](mailto:ryan.eason@medicalcityhealth.com) to attend.

Medical City Children's Hospital IN PARTNERSHIP WITH TIRAEF  
grub village burger bar GENGHIS GRILL CREATE YOUR OWN STIR FRY

**In the fall of 2019**, we held our second annual Kids Fit Menu!® Invitational. This large-scale event is designed to engage top Texas ProStart culinary students with large restaurant brands to create healthful menu options for kids. This program offers students hands-on, real-world experiences as they are tasked to do the R&D to create a Kids Fit Meal. Students also give a live cooking demonstration of their meal for the restaurant leadership.

We brought students together for an introductory event during which our registered dietitians taught the students about basic nutrition principles, reading food labels and calculating nutrition facts for recipes. Then we matched the teams with a restaurant brand. Students met with brand leadership and culinary teams to learn more about the restaurant's concept; customer; and operations, equipment and food items available in their kitchens.







The challenge for each student team was to create one Kids Fit Meal that was nutritionally balanced and incorporated two servings of fruits and vegetables in a way that made eating these foods fun for kids.

After a few weeks, we brought the student teams back for a fast-paced, action-packed event during which they each did a live cooking demonstration and presentation for a panel of judges made up of kids and the restaurant brand's culinary and leadership teams.

Every culinary program that competed in the event was given a monetary donation by our corporate supporters Dairy MAX, DLA Piper and FreshPoint. When each restaurant brand selected a meal to appear on its Kids Fit Menu!®, it also gave a monetary donation to the culinary program and published the student names on the menu.



Watch our Invitational video  
at [youtube.com/  
watch?v=ynrvT7iLrvE](https://youtube.com/watch?v=ynrvT7iLrvE)

# Kids Fit Menu!® Summer Mentorship

**Summer of 2018**, we launched the Kids Fit Menu!® mentorship program, an extension of the Kids Fit Menu! program through Medical City Children’s Hospital. This eight-day, work-based training experience is a collaboration among Medical City Children’s Hospital, our designated restaurant partners and select graduates of the Texas ProStart® program. It is designed to refresh items on an existing Kids Fit Menu! or establish a Kids Fit Menu! with new restaurant partners.

This past summer, two Texas ProStart graduates, who previously competed in our Kids Fit Menu! Invitational, worked with our registered dietitians and 3 restaurant partners to create Kids Fit meals for each brand. The culinary graduates were published on the Kids Fit Menu!, and the restaurant brand, in conjunction with the Texas Restaurant Association Education Foundation and Medical City Healthcare, awarded each student a \$1500 scholarship.

Preslie Mann, Rockwall ISD graduate currently pursuing an associate degree in baking and pastry arts from Sullivan University, Kentucky

Preslie with her Kids Fit Menu! creations



Gulrukhsar Jiwani, registered dietitian, Kids Fit Menu! program; Amy Haynes, registered dietitian for Kids Fit Menu! program; Ryan Lingenfelter, general manager, Dream Cafe; Christine Lott, owner, Dream Cafe





Alex Meza, Lewisville ISD Graduate



Stephen Vargas, assistant Manager, Cristina's Fine Mexican Restaurant, Southlake; Alex Meza; Amy Haynes, registered dietitian, Kids Fit Menu! program; Cristina Vargas, creative director, Cristina's Fine Mexican Restaurant; Jerry Walker, executive director, Greater Dallas Restaurant Association



Roland Steele, manager, The Original Pancake House; Alex Meza; Gulrukhsar Jiwani, registered dietitian, Kids Fit Menu! program



Alex Meza, Lewisville ISD graduate



# The 21-Day Challenge @ Work

## 16 Companies Participated

The 21-Day Challenge @ Work is a direct result of the overwhelming success of our kids' version of the 21-Day Challenge. As parents participated in making healthful snacks with their children, they expressed the need for a challenge of their own at their workplace, where they feel that they do the most frequent and least healthy snacking.

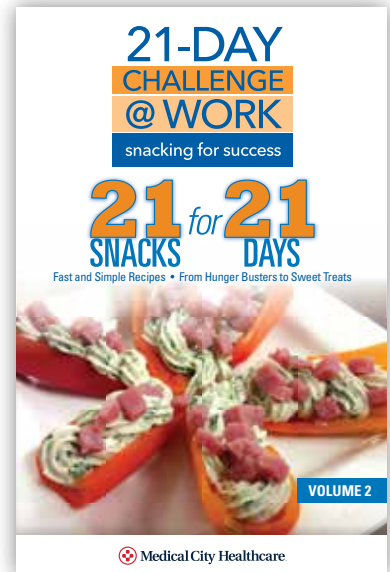
Our mission for the 21-Day Challenge @ Work is to educate and encourage adults toward healthier habits starting with eating more fruits and vegetables at snack time. The *21 Snacks for 21 Days* recipe book utilizes snack recipes created by high school culinary students that are easy to make, eat and enjoy while at work. The program and dietitian resources are available at no cost to companies, and we provide personalized data regarding their employees' successes.

### Snacking together!

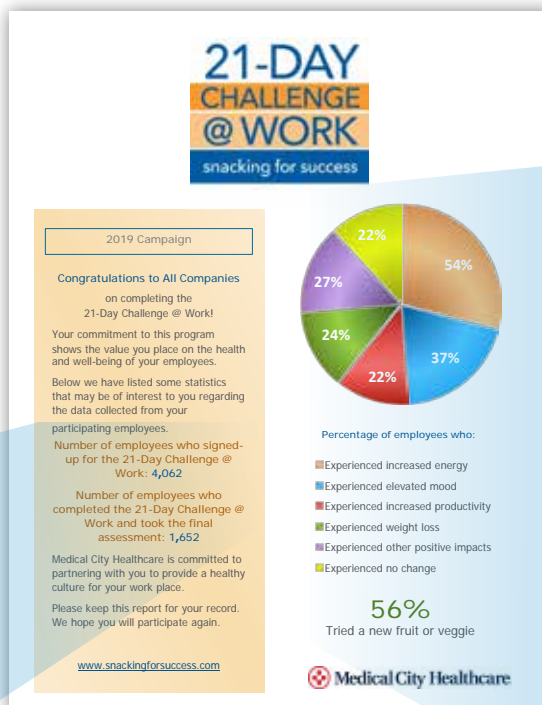
During fall of 2019, elementary kids across 14 school districts were participating in the *kids teaching kids*® 21-Day Challenge. Committed to healthier snacking, employee groups from 16 different companies with a total of 20 locations joined in on the journey toward completing the challenge filled with tasty snacks.

Number of employees who signed up for the 21-Day Challenge @ Work: 4,062

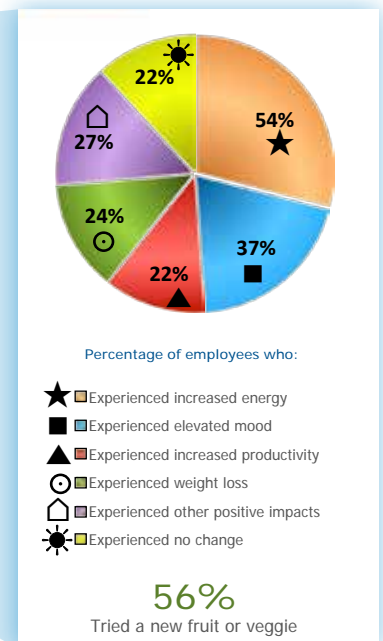
Number of employees who completed the 21-Day Challenge @ Work and took the final assessment: 1,652



Recipe Book



2019 Results



### Participating companies:

Allen ISD  
CareNow/Medical City Children's Urgent Care  
Coppell ISD  
Frisco ISD

Grand Prairie ISD  
Keller ISD  
Lewisville ISD  
Medical City Arlington

Mesquite ISD  
Prosper ISD  
Raytheon  
Rockwall ISD

Sanger ISD  
Stryker  
World Ventures  
Wylie ISD



# Special Contributors

**Working behind the scenes** are people we rely on to support *kids teaching kids*<sup>®</sup> and all of our programs. These key people are major contributors to our growth and success. We couldn't achieve our goals without them!



Laura DeSmeth  
Vice President Digital Communication,  
Medical City Healthcare



Tom Erikson  
Digital Communications Manager,  
Medical City Healthcare



Aaron Anderson  
Graphic Designer,  
Medical City Healthcare



Lyris Rodgers  
Document Advisor/  
Graphics Coordinator,  
Design and Print Services,  
Medical City Healthcare



Gary Garrett  
Graphic Designer/  
Student Design Advisor,  
Design and Print Services,  
Medical City Healthcare

## Meet our team of *kids teaching kids*<sup>®</sup> Registered Dietitians



Amy Haynes, RDN, LD  
Registered Dietitian Nutritionist,  
Kids Fit Menu!<sup>®</sup>



Gulrukhsar Jiwani, MS, RDN, LD  
Registered Dietitian Nutritionist,  
Kids' 21-Day Challenge and  
Kids Fit Menu!



Grace Rivers, RDN, LD, CDE, CHC  
Registered Dietitian Nutritionist,  
21-Day Challenge @ Work

# WHAT PROGRAM PARTICIPANTS ARE SAYING ABOUT KIDS TEACHING KIDS

## 21-DAY CHALLENGE

"The 21 Day Challenge has been a blessing for Ethridge PE. The Challenge encourages our students and their families to recognize the power of their choices to direct their own lives, to help shape and manifest their individual destiny. Our students realize that through disciplined snacking and wise decision-making they have more energy and feel better, prevent illness, improve their performance in extracurricular activities, and excel at a higher level academically. As an educator, what more can I ask from a program like the 21-Day Challenge? Only one thing: That the program continues to challenge young people everywhere to grab the bull by the horns, to take ownership of their lives through the power of wise snack choices."

Jay Ingram, Health/PE Ethridge Elementary

"The 21-day snack challenge has affected me and those around me in a very positive way. Being able to be in control of our own body, our own health, and our own stairway to success. That said I think that the 21-day healthy snack challenge should continue to grow and affect states other than Texas. The healthy snack challenge has made my brothers and I more athletic, and my mom enforces a healthy snack every morning and afternoon. My strength and grit has grown, and I truly believe that more healthy choices will affect me more."

J. Sims, fifth grader from Ethridge Elementary

## 21-DAY CHALLENGE RECIPE CONTEST

"You can make an amazing and delicious recipe with little sugar, fat, but with a good amount of fiber all in one."

Texas ProStart® student, Richardson ISD

"I learned new things we can do with food to make it healthier and more nutritional for kids."

Texas ProStart® student, White Settlement ISD

"There can be healthy ways you can make foods we all like."

Texas ProStart® student, Birdville ISD

## 21-DAY CHALLENGE @ WORK

"Loved feeling healthy and energized after lunch!"

Coppell ISD employee

"I felt like I could focus better on my work, allowing me to get more done."

Grand Prairie ISD employee

"I went from having to have a soda and honey bun everyday for a snack to fresh fruits and veggies. I also cut my soda intake from a 12 a day to less than 12 a week. Increased my water intake, reduced caffeine intake and sugars, and I feel better. Headaches reduced, and blood pressure is lower. I'm able to get more accomplished at home and at work, and I started spending more outdoor time with my kids because I wasn't as tired."

Lewisville ISD employee

"More energy to do things at home and work. More positive attitude."

Lewisville ISD employee

## 21-DAY CHALLENGE @ WORK continued

"Decrease in weight with the increase in water, fruit and vegetables, and I felt better."

Mesquite ISD employee

"Felt better after eating fruits/veggies than if I had potato chips and cookies every day. Cookies don't taste the same (not as good)."

Raytheon employee

"I noticed a big difference in my everyday life. It also got me to stop drinking sodas completely and now drink water. I also work out every day now."

Sanger ISD employee

## KIDS FIT MENU!®

"Something that gets lost in the mix sometimes as far as diet and kids menus is the health aspect. Having some healthier options on our menu is something we are lacking for the kids so it is kind of a perfect fit."

Michael Giese, Village Burger Bar District Manager

## KIDS FIT MENU!® INVITATIONAL

"I wanted to compete because I feel it is a learning experience."

Diego Rodriguez, Texas ProStart® student competitor,

Jack E. Singley Academy, Irving ISD

"I learned how a fast-paced restaurant operation functions, and how organization and timing keeps the restaurant in order."

Texas ProStart® student competitor

"There are many of our students that love competition. They like the challenge of creating something new. They like the challenge of going up against other people, but some of them just like the opportunity to showcase some of their skills."

Ann Lowrie, Texas ProStart® instructor, Irving ISD

"You can feel the partnership that is happening and I think a lot of our students will go home feeling they have contributed but also that they have a much better understanding of what it would be like to actually work inside a restaurant with one of these chefs."

Emily Williams Knight, Ed.D., Texas Restaurant Association C.E.O.

## KIDS FIT MENU!® SUMMER MENTORSHIP

"The Kids Fit Menu!® mentorship experience was really challenging and fun because it made you think what might a kid like and what would make a kid want to eat the food you give them. I enjoyed the challenge because it showed that to make a healthy kid's meal, you have to be creative and just have fun. I learned a lot of things with nutrition and how to calculate those things. It also taught me that even when you think you're done, you may stumble upon an even better idea or take away another idea. I think those two things will help me in the future to problem-solve and keep my mind open to different changes in my life."

Preslie Mann, Texas ProStart® graduate attending Sullivan University, Kentucky

# Looking forward

**As we look back on yet another impactful year,** we remain steadfast in our mission. Our contribution to the education of these amazing culinary students must continue to lay the foundation. Their creativity is planting the seeds in engaging more kids and adults in better nutrition.

Though the program continues to make great strides, we still have headwinds:

- We need to work with our partnered districts more in understanding the needs of their students and teachers.
- We need to communicate better to families about the Kids Fit Menu!® to help them understand that local high school students created the meals.

We are excited about our upcoming partnership with the Texas PTA to support the outreach to its members regarding “spirit night” fundraising around the Kids Fit Menu! meals.

We are equally excited about our partnership with the Texas Restaurant Association Education Foundation! We will join forces to help promote more opportunities for these amazing Texas ProStart® culinary students via the Kids Fit Menu! program.

Now that the 21-Day Challenge has been sustainable in many schools over the years, the upcoming fall campaign will allow us to take a deeper dive into the impact that these high school students are making in educating kids in better nutrition.

Medical City Children’s Hospital is thankful to our advisory committee members, from whom we continue to learn so much, and to all of our corporate and community partners.



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# About Medical City Children's Hospital

## Medical City Children's Hospital

in Dallas, Texas, is a 220-bed comprehensive and specialized children's hospital providing advanced pediatric healthcare for young patients of all ages, from newborns to teenagers. World-class pediatric specialties at Medical City Children's Hospital include congenital heart surgery, hematology and oncology, craniofacial surgery, kidney transplant, neurosurgery, orthopedics, emergency care and fetal surgery. Medical City Children's Hospital offers a Level IV NICU, the highest level of neonatal care available in Dallas.

Since 1996, our specialists haven't let anything distract them from helping children get better. As a result, we have helped thousands of children, from birth to age 18, from more than 75 countries. Once a child reaches 18 years of age, the transition to adult specialists at Medical City Dallas is seamless.

Medical City Children's Hospital is committed to providing children and their parents the

care and attention they deserve. Our innovative, nurturing atmosphere revolves around a singular idea—children aren't just little adults. They have unique needs. Our specialists work collaboratively and believe that open communication with parents and each child's pediatrician contributes to better care. Our staff includes pediatricians, pediatric specialists and subspecialists, pediatric nurses, pharmacists, Child Life specialists, respiratory specialists, occupational and physical therapists, and social workers. Patients also benefit from the care of nurses who are truly at the top of their profession, as demonstrated by our designation as a Magnet<sup>®</sup> facility by the American Nurses Credentialing Center.

Medical City Children's Hospital is conveniently located in the heart of North Dallas at Forest Lane and Central Expressway (Interstate 75), just 15 minutes from downtown Dallas and a short drive from North Dallas suburbs.







Medical City Children's Hospital features a child-friendly atmosphere that is colorful with cheery surroundings, play areas and playrooms.



[kids-teaching-kids.com](http://kids-teaching-kids.com)  
[MedicalCityChildrensHospital.com](http://MedicalCityChildrensHospital.com)