



Hello --

Tomorrow is going to be a special day at the White House, and I wanted to make sure you got a chance to be a part of it.

At lunchtime, 54 kids from all over the United States will join me in the East Room for the first-ever Kids' State Dinner.

Each of these young people worked with their parents to create an original lunch recipe. We asked them to design a dish that was healthy, affordable, and tasty -- and which met the nutritional guidelines set up by the U.S. Department of Agriculture. A panel of judges from the groups who partnered with us on this project -- the Department of Agriculture, the Department of Education, and Epicurious -- chose these 54 recipes as their favorites.

So now, the kid chefs and their parents are on their way to the White House, and tomorrow we'll all enjoy a meal together and take in a musical performance from Nickelodeon's Big Time Rush. You can watch the whole thing as it happens on our website -- will you join us tomorrow?

- **WHAT:** The Kids' State Dinner at the White House
- **WHEN:** August 20 at 10 a.m. EDT
- **WHERE:** <http://www.letsmove.gov/kids-state-dinner>

As a mom, I know that parents are always looking for new ideas to make sure our kids are eating right and staying healthy. That's part of why we launched the *Let's Move!* initiative.

Allen D. Hurst
Tree of Life Center
Bonne Terre, MO 63628
allen@treeoflifecenter.net
www.treeoflifecenter.net



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And it's why we're working with the Department of Education and Epicurious to share a free printable and downloadable cookbook with the winning recipes that these young people created with their parents.

You can learn more about our work to solve the problem of childhood obesity so that all our kids can grow up healthy at LetsMove.gov.

And tomorrow, I hope you will join in the fun of the Kids' State Dinner.

Thanks!

First Lady Michelle Obama

P.S. -- [**To get a preview of some of the great recipes, go here.**](#)

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This email was sent to allen@treeoflifecenter.net.