

**Introduced by Senator Maldonado**  
(Principal coauthor: Assembly Member Parra)

March 24, 2008

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Senate Concurrent Resolution No. 94—Relative to Cook With Your Kids Day.

LEGISLATIVE COUNSEL’S DIGEST

SCR 94, as introduced, Maldonado. Cook With Your Kids Day.

This measure would recognize the 2nd Saturday in May as “Cook With Your Kids Day” in order to encourage parents and children to spend time in the kitchen together and prepare a healthy meal. This measure would also encourage parents to cook with their kids at least once per week, spend quality time and make healthy food choices with their kids, commit to new healthy habits, and set achievable goals for their family.

Fiscal committee: no.

- 1 WHEREAS, Our children are California’s most precious and
- 2 joyful responsibility, and we are obligated to do all we can to make
- 3 the good health of our children our number one goal; and
- 4 WHEREAS, Childhood obesity is considered by many to be an
- 5 epidemic in western countries, particularly in the United States
- 6 where over 15 percent of children are currently considered obese
- 7 and where that number is increasing; and
- 8 WHEREAS, Overweight children can develop serious health
- 9 problems, such as diabetes and heart disease, often carrying these
- 10 conditions into adulthood as an obese adult. Overweight children
- 11 are at higher risk for developing Type 2 diabetes, metabolic
- 12 syndrome, high blood pressure, asthma and other respiratory

1 problems, sleep disorders, liver disease, eating disorders, and skin  
2 infections; and

3 WHEREAS, Research shows that children are more open to  
4 tasting new foods they help prepare; and

5 WHEREAS, Children who help their parents shop for groceries  
6 and help prepare the food they buy are empowered to make  
7 decisions about what they eat and are more likely to choose  
8 healthier foods; and

9 WHEREAS, Children who help their parents shop for groceries  
10 and help prepare their own food are more connected with the  
11 agricultural system that produced their food; and

12 WHEREAS, Most children do not shop for the family's  
13 groceries. Indeed, parents are responsible for putting healthy foods  
14 in the kitchen at home and leaving unhealthy foods at the store;  
15 and

16 WHEREAS, Children who are connected with their food supply  
17 at a young age become more conscious consumers as adults; and

18 WHEREAS, When buying groceries, parents can share with  
19 children the benefits of healthy snacks and the importance of  
20 choosing fruits and vegetables over convenience foods that are  
21 high in sugar and fat; and

22 WHEREAS, Studies show that parents' presence at mealtime  
23 leads to kids eating healthier meals. In terms of preventing obesity,  
24 it is important to understand that the example parents give their  
25 children will influence what they eat; and

26 WHEREAS, When children have a reward to work toward, they  
27 are more likely to succeed and the best reward a child can be given  
28 is time with their parents; and

29 WHEREAS, The best way to get children on board with a new  
30 and active lifestyle is for parents to commit to the changes  
31 themselves; and

32 WHEREAS, Making changes can be challenging, especially  
33 when families today juggle busy schedules, time and money  
34 constraints, and other stressors and demands from daily living, but  
35 if families work together and support each other's efforts, success  
36 is more likely; and

37 WHEREAS, Children cannot change their exercise and eating  
38 habits themselves. Children need the help and support of their  
39 families and caregivers, which is why successful prevention and  
40 treatment of childhood obesity starts at home; and

1 WHEREAS, Families work hard toward healthy habits and  
2 behaviors to create a happy home environment and support these  
3 efforts by serving fruits and vegetables with meals and removing  
4 high-calorie and high-fat foods from the home and buying them  
5 only occasionally; and

6 WHEREAS, Once the changes are incorporated into a family's  
7 everyday life, the children will be well on their way to maintaining  
8 a healthy weight and improving their overall health; and

9 WHEREAS, Parents and children should select recipes and  
10 preparation methods that are lower in fat, put colorful food on the  
11 table, such as green and yellow vegetables, fruits of various colors,  
12 and whole-grain breads, and refrain from eating in front of the  
13 television or computer, which fosters mindless munching; and

14 WHEREAS, Experts say that if families gathered around the  
15 dinner table more often and made sharing news and telling stories  
16 an event, it would provide benefits to children, such as improved  
17 academic performance and higher self-esteem; and

18 WHEREAS, As the breadbasket of the world, California  
19 agriculture produces 41 percent of the nation's specialty crops,  
20 such as fruits, vegetables, and tree nuts, so there is an abundance  
21 of healthy produce available to California families; and

22 WHEREAS, Celebrity Chef Guy Fieri of the Food Network,  
23 and other celebrity chefs, have helped to make cooking with kids  
24 a fun and healthy family activity; now, therefore, be it

25 *Resolved by the Senate of the State of California, the Assembly*  
26 *thereof concurring*, That the Legislature recognizes the second  
27 Saturday in May as "Cook With Your Kids Day" in order to  
28 encourage parents and children to spend time in the kitchen  
29 together and prepare a healthy meal; and be it further

30 *Resolved*, That parents are encouraged to cook with their kids  
31 at least once per week, spend quality time and make healthy food  
32 choices with their kids, commit to new healthy habits, and set  
33 achievable goals for their family; and be it further

34 *Resolved*, That the Secretary of the Senate transmit copies of  
35 this resolution to the author for appropriate distribution.

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