

Westin Introduces SuperChefs Program and Eat Well Menu for Kids

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This summer, we've had quite a few travel adventures so far. Just as awesome though, we've had some cool kid-centric culinary experiences. I'm still working on my reviews on my travel pieces, but I wanted to share some information on a recent event we attended.



Westin Hotels & Resorts announced the next stage of its year-long Westin Well-Being Movement and we were on hand to experience it ourselves. As part of their ongoing initiative to harness wellness within their properties, Westin

unveiled two new nutrition-focused partnerships with **SuperChefs** and The Juicery and the newest member of their Well-Being Council, dietician Ashley Koff RD.

In a time where childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years per the CDC, educating and engaging kids with food and healthier habits is so integral. With programs like the SuperChefs that emphasize the educating kids on eating smart, I truly believe our paradigm is shifting in the right directions.



Westin's partnership with SuperChefs underscores the brand's dedication to well being. They now offer a menu fully dedicated to healthy options for kids at hotels globally. **The Westin Eat Well Menu for Kids engages** children through a playful menu placemat filled with dishes like Build Your Own Fruit Crepes. Kids get to play with their food, which gives them a chance to discover what they're eating but still offers the value of healthy eating. Among some other dishes on the new kids' menu includes Build Your Own Salmon Nicoise Salad and Baby Spinach & Omelet.

A few weeks ago, we had the chance to experience the SuperChefs program firsthand, and super was quite the understatement. My six year old learned not just what a crepe is, but also how to flip it! I absolutely loved his surprised look when he learned to snap his wrist and flip!





jenrab

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As if smearing Nutella on his very own crepe wasn't delicious enough, Biggie also learned how to make his own pasta. I'm not talking opening a box and boiling, we're talking creating our own dough and cranking out our own noodles with love. I loved learning how to use the pasta machine and cranking out his very own noodles—so much so, he begged to make noodles at home so we'd have enough for everyone. You know an event is that good when your kid wants to continue the activity at home and further in life.



SuperChefs is a wonderful, engaging way for kids to learn about the food they eat. I appreciate how Westin's Well-Being Movement continues to make strides to offer their guests with an overall well-rounded approach and includes kids with their recent collaboration with SuperChefs.





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Hi, I'm Jen, but my closest friends call me Jenrab. This is my site, The Next Kid Thing, where I dish about the latest and greatest in kid gadgets, gear and goodies— the next BIG

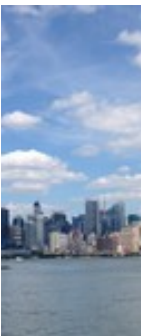
thing for kids. (see what I did there?) I love tech, too much tv and long walks around Target. I have two boys who, like me, love the city, crave the beach and live to shake up suburbia.

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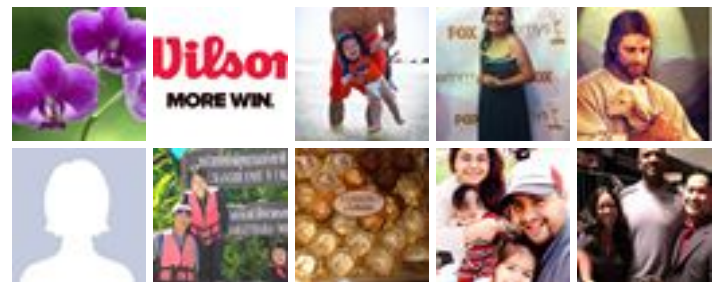
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Congrats to juliemi for winning the HTTYD2 prize pack! Send me an email asap to claim your prize.



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