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## Westin Hotels Introduces Healthy Eating Menus & Programs for Kids

August 3rd, 2014 by Lissa

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As any parent knows, kids' menus at restaurants and hotels leave something to be desired. How many meals of chicken fingers, cheese pizza and spaghetti can our children eat while we travel? Why are options so unhealthy?

Good news! [Westin Hotels & Resorts](#) is expanding its Well-Being Movement to include kids with the introduction of a new Healthy Eating menu for kids, as well as a new nutrition-focused program offering for kids in partnership with SuperChefs.

Rolling out at every Westin hotel and resort is a new Eat Well for Kids menu with healthy foods. Breakfasts include items such as whole wheat apple-raisin French toast or spinach and cheese omelette. Lunch and dinner bring meals like fish tacos, turkey sliders, and chicken Cobb salads. Desserts and drinks even get a bit healthier with fruit smoothies and apple fruit salad or lemon cornmeal cookies. The new menu incorporates Westin's tagline, "For a Better You."



For Westin's offering its kids clubs and city hotels with expansive brunches, a new program is being offered for kids ages 8 to 11. The new program was developed in partnership with SuperChefs, a group of doctors, dentists, dietitians, chefs and experts who educate kids on the importance and fun of eating healthy through its cooking programs. (SuperChefs also created the Eat Well menu.) The hands-on programs teaches kids about foods in a fun way, such as Build Your Own Fruit Crepes and Build Your Own Salmon Nicoise lessons. "You can't teach kids nutrition, you have to engage them first," said Dr. Greg Chang, the founder of SuperChefs.



Included in the price of kids programs, The Cookery will be available to engage kids through cooking lessons and special programs. For children 4 to 8, the new programs will engage kids with healthy characters, coloring books and placemats.

The Westin Eat Well Menu for Kids is rolling out to all 200 Westin hotels and resorts within the year.

– Lissa Poirot

