

**Introduced by Senator Cannella**

**(Principal coauthors: Senators Rubio, Vargas, and Walters)**

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April 15, 2011

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Senate Joint Resolution No. 5—Relative to Cooking With Kids Day..

LEGISLATIVE COUNSEL'S DIGEST

SJR 5, as introduced, Cannella. Cooking With Kids Day.

This measure would designate every Sunday as Cooking With Kids Day and would memorialize to Congress and the President of the United States to act likewise and adopt a resolution to encourage families across the country to pledge to cook healthy meals with their kids at least once a week and to adopt policies to help improve access to affordable and healthy food and beverages.

Fiscal committee: no.

- 1 WHEREAS, The Legislature unanimously passed SCR 94 of  
2 the 2008 Regular Session proclaiming the second Saturday in May  
3 as “Cook With Your Kids Day” to encourage parents, caregivers,  
4 and children to spend time in the kitchen together and prepare a  
5 healthy meal, commit to new healthy habits, make healthy food  
6 choices, and set achievable goals for their family in an effort to  
7 create healthy habits from childhood and fight childhood obesity;  
8 and  
9 WHEREAS, Our children are California’s most precious and  
10 joyful responsibility, and we are obligated to do all we can to make  
11 the good health of our children our number one goal; and

1 WHEREAS, Childhood obesity is considered by many to be an  
2 epidemic in western countries, where now one out of every three  
3 children is considered overweight or obese; and

4 WHEREAS, Local, state, and federal governments recognize  
5 the tremendous health risk to our children and the added burden  
6 to our health care costs in this country from obesity and are now  
7 taking an active role in fighting childhood obesity through new  
8 programs, including improved nutrition education and access to  
9 healthier school lunches; and

10 WHEREAS, The President of the United States signed a  
11 memorandum on February 9, 2010, creating a new interagency  
12 task force that included 12 federal agencies to address the problem  
13 of childhood obesity in the United States; and

14 WHEREAS, The President’s task force identified 70 specific  
15 recommendations, many of which can or have been implemented  
16 immediately. The report broadly summarizes the task force  
17 recommendations, including getting children a healthy start in life  
18 with good prenatal care, providing healthy food in schools,  
19 improving access to healthy food in schools, and getting children  
20 more physically active; and

21 WHEREAS, Children have historically led their parents when  
22 embarking on a culture change. Children often learn skills and  
23 disciplines and reinforce new behaviors in the family dynamic,  
24 for instance, helping to teach their parents how to do a better job  
25 recycling and to understand new technologies, such as social  
26 networking; and

27 WHEREAS, Children are more likely to eat healthier when they  
28 are involved in their food choices and their food preparation; and

29 WHEREAS, Children who help their parents plan a meal, shop  
30 for the groceries, and prepare the food they buy, are empowered  
31 to make healthier food choices; and

32 WHEREAS, Children who are connected to the food supply at  
33 a young age become more conscious consumers as adults; and

34 WHEREAS, New venues such as the Food Network and network  
35 television have introduced adults and children to fun, healthy ways  
36 to enjoy family time together while creating healthy meals. These  
37 new venues and their celebrity chefs are leading families in a  
38 culture change in our relationship with food; and

39 WHEREAS, Nongovernmental foundations, such as “Cooking  
40 With Kids,” also known as CWK, are helping kids learn skills to

1 not only make healthy food choices, but that will help them stay  
2 healthier for a lifetime and provide possible career paths for their  
3 future; now, therefore, be it

4 *Resolved by the Senate and the Assembly of the State of*  
5 *California, jointly,* That the Legislature recognizes every Sunday,  
6 so long as it does not conflict with personal beliefs, as “Cooking  
7 With Kids Day” in order to encourage parents and children to  
8 spend time in the kitchen together and prepare a healthy meal; and  
9 be it further

10 *Resolved,* That the Legislature recognizes the health benefits of  
11 cooking with kids at least one day each week throughout the year  
12 and encourages parents, caregivers, and children to shop together,  
13 select ingredients, and prepare a healthy meal to share together  
14 each week; and be it further

15 *Resolved,* That the State of California respectfully memorializes  
16 the Congress and the President of the United States to act likewise  
17 and adopt a resolution to encourage families across the country to  
18 pledge to cook healthy meals with their kids at least once a week  
19 and to adopt policies to help improve access to affordable and  
20 healthy food and beverages; and be it further

21 *Resolved,* That the Secretary of the Senate transmit copies of  
22 this resolution to the President and the Vice President of the United  
23 States, to the Speaker of the House of Representatives, to each  
24 Senator and representative from California in the Congress of the  
25 United States, and to the author for appropriate distribution.