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## Students taught importance of healthy living through after school program



By Susan Hay Anchor/Producer

OAKVILLE - ActiveChefs is an after-school cooking program founded by Kapil and Aman Jaspal, that's focused on promoting a healthier lifestyle in children.

"It's all about healthy eating, physical activity, about multicultural foods, and getting kids and their families excited about cooking again," Aman Jaspal, co-founder and executive director of ActiveChefs said.

With an emphasis on teaching children the basics of good health, exploring new tastes, creating recipes and embracing various cultures through food, ActiveChefs provides young students with practical skills.

"Healthy living is no longer viewed as just fruits and vegetables," Pat Vigna principal of St. James Catholic Elementary School said. "It's about motivation, self-confidence, self-esteem, wanting to be actively involved both in and out of the classroom."

Even at a young age, Grade 4 student and ActiveChefs participant Michelle Salik sees the long-term benefits of such a program.

"I like that kids get to learn how to cook healthy and then they can teach their children how to be when they grow up, and then it will just keep going," Salik said.

The program quickly spread from Oakville across Halton region. Jaspal's says its because his class offers as a huge opportunity for today's youth.

"Parents are coming in and telling us how their kids are more and more active in the kitchen and how they're open to new foods," Jaspal said. "And that is a very positive step."

ActiveChefs is always looking for volunteers willing to help with their not-for-profit programs. More information on how you can help or how you can get involved can be found on the ActiveChef's website.

