

ASSEMBLY JOINT RESOLUTION

No. 98

STATE OF NEW JERSEY

219th LEGISLATURE

INTRODUCED FEBRUARY 20, 2020

Sponsored by:

Assemblyman PARKER SPACE

District 24 (Morris, Sussex and Warren)

SYNOPSIS

Designates second weekend in July as “Cooking with Kids Weekend.”

CURRENT VERSION OF TEXT

As introduced.



1 **A JOINT RESOLUTION** designating the second weekend in July of
2 each year as “Cooking with Kids Weekend” and encouraging the
3 use of Jersey Fresh products.
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5 **WHEREAS**, Parental involvement has a significant impact on the
6 development of a child, even more so than a child’s socioeconomic
7 status; and
8 **WHEREAS**, Studies have shown that children who lack parental
9 involvement tend to engage in unhealthy behaviors at a much
10 higher rate, including poor eating habits which may lead to health
11 issues such as obesity; and
12 **WHEREAS**, Childhood obesity increases the risk of heart disease,
13 diabetes, bone and joint problems, sleep apnea, certain kinds of
14 cancer, and social and psychological issues like stigmatization and
15 poor self-esteem; and
16 **WHEREAS**, The obesity rate has more than doubled in children and
17 quadrupled in adolescents in the past 30 years; and
18 **WHEREAS**, The current rate of childhood obesity in the United States
19 is alarmingly high, with a reported 17 percent of children and
20 adolescents considered overweight or obese; and
21 **WHEREAS**, Encouraging children to develop healthy eating habits is
22 crucial to reducing childhood obesity and improving the overall
23 health outcomes of New Jersey’s youth; and
24 **WHEREAS**, Children are more likely to eat healthy foods when they
25 are involved in selecting and preparing their meals; and
26 **WHEREAS**, Children who help their parents plan, shop for, and prepare
27 family meals learn valuable lessons about nutrition, responsibility,
28 teamwork, problem solving, and multi-tasking, and have a feeling
29 of accomplishment which can boost self-esteem, all while
30 developing math, science, and reading skills; and
31 **WHEREAS**, The future success of our State rests in the hands of our
32 youth, therefore we should instill in our children, not only the
33 importance of eating healthy, but of being conscientious consumers
34 and citizens as well; and
35 **WHEREAS**, Purchasing and cooking with locally-grown Jersey Fresh
36 fruits and vegetables is a great way to teach children the importance
37 of a healthy diet, while supporting local farmers and the State
38 economy; and
39 **WHEREAS**, With over 9,000 farms producing Jersey Fresh fruits and
40 vegetables, New Jersey is a national top-10 producer of cranberries,
41 bell peppers, spinach, peaches, blueberries, cucumbers, sweet corn,
42 squash, tomatoes, snap beans and cabbage, providing New Jersey
43 residents with access to a variety of fresh and nutritious foods; and
44 **WHEREAS**, Designating the second weekend in July of each year as
45 “Cooking with Kids Weekend” will encourage parents to give their
46 children the attention they need to grow into healthy and
47 conscientious adults; now, therefore,

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