



Ready, Set, Cook, and Eat™

Raise funds and create many “teachable moments”! *RSCE™* brings healthy eating and cooking “how-to” to life in a fun and entertaining way by featuring a 3 team “cook-off.”

Ready, Set, Cook and Eat™ (*RSCE*) is a signature event created by the nationally award winning Healthy Kids Challenge. HKC is a nonprofit organization led by registered, licensed dietitians whose mission it is to guide schools, community organizations, and business in creating solutions for kids and families to enjoy healthy eating and physical activity as part of a healthy lifestyle.

Three teams get creative with fun, healthy dishes, while the audience cheers them on and has fun of its’ own!

Each team of four individuals is given a surprise sack of food supplies, a few simple pieces of cooking equipment and kitchenware, and 30-45 minutes to prepare a tasty, healthy dish. The event’s healthy message theme determines the ingredients provided to the teams. “Healthy Bites for On-the-Go-Families” or “Breakfast GO Power” are two examples of *RSCE™* themes that set the focus for the food preparation.



“I can’t imagine a more fun and successful event than Ready, Set, Cook, and Eat™ with Vickie James to motivate and promote healthy eating habits.”– Robbie S. McNabb, Principal, Dommerich Elementary

Use *RSCE™* to get kids and families excited about healthy change. It makes a great fundraiser, too. You have 3 options* for planning and implementing this great event:

1. Let HKC help you plan, coordinate and implement the event on location. Vickie L. James, RD, LD, Director of Healthy Kids Challenge, serves as the MC interacting with the teams, providing quick healthy tips to the audience, engaging them in a food trivia contest, and even a little fun physical activity! Audience participants go home with healthy eating tip sheets and ideas for their own use.
Cost: Approximately \$5,000 per event
2. Arrange for HKC to provide an event guide booklet and by phone and E-mail, help you plan the event.
Cost: From \$500-\$1000 per event
3. Order an event guide booklet from HKC to plan and implement the event yourself.
Cost: \$16.00 for a guide booklet and promotional T-shirt

*Because HKC is a nonprofit, there are fees to cover the cost of services for options 1-3. Please contact HKC Director, Vickie L. James, RD, LD for additional information.

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