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Experts Teach Pittsburghers How to Cook Healthy and Delicious Family Meals

Pittsburgh, Pa. — Continuing its efforts to improve the health of families all over Allegheny County, [Let's Move Pittsburgh](#) will host the next installment of its free [5-2-1-0 Speaker Series](#) on Thurs., Jan. 12 from 5:30 – 7:30 p.m. at [Phipps Conservatory and Botanical Gardens](#). The event, titled “5-2-1-0 in Your Kitchen,” will feature a panel of experts who will discuss the benefits of boosting your fruit and veggie intake with healthy, kid-friendly meals. The event is free to attend, but R.S.V.P. is required as space is limited. Visit letsmovepittsburgh.org/speaker to R.S.V.P.

Educators, healthcare professionals, parents, caregivers and anyone passionate for children’s wellbeing are encouraged to attend. The series is part of the 5-2-1-0 movement promoting four key messages about daily health: 5 or more servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugary drinks and more water.

The panel discussion will be led by registered dietician Judy Dodd and [Café Phipps](#) Executive Chef and Dining Services General Manager Amy Reed. Dodd specializes in community based nutrition and food education and has been teaching at Penn State and University of Pittsburgh for over 40 years. Most recently, she served as Giant Eagle’s food and nutrition advisor. Amy Reed has medaled in culinary competitions, served on culinary advisory boards for Hocking College and The Pittsburgh Culinary Institute, and is dedicated to finding creative ways to make healthy food. The moderator for the evening will be Samantha Montgomery, R.D., and attendees are encouraged to ask the experts questions to generate an enlightening discussion.

Preceding the panel discussion, there will be 30 minutes of networking for participants to enjoy healthy refreshments and review posters presented by [Let's Move Pittsburgh Champion Schools](#). These schools are celebrating the success of their own original, healthy initiatives, started with the help of Champion School grants.

Let’s Move Pittsburgh launched this series in celebration of its five year anniversary, and aims to generate new partnerships, collective action and continued efforts to make Allegheny County the healthiest place for children to live, learn and grow with 5-2-1-0. The program is generously supported by UPMC Health Plan, the Hillman Foundation and the Heinz Endowments.

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About Let’s Move Pittsburgh: Let’s Move Pittsburgh, an initiative of Phipps Conservatory and Botanical Gardens supported by UPMC Health Plan, is a collaborative effort of organizations, healthcare providers, educators, parents and caregivers in southwestern Pennsylvania committed to leading children toward a healthier future. The program is inspired by First Lady Michelle Obama’s *Let’s Move!* campaign to curb childhood obesity through raised awareness about the benefits of healthy foods, decreased screen time and increased physical activity.

About Phipps: Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, Pa. is a green leader among public gardens with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. Learn more: phipps.conservatory.org.

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