



# COMAL COUNTY

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## PUBLIC INFORMATION

Paul A. Anthony · 830-221-1110 · anthop@co.comal.tx.us

**Contact:**

Krystal Snider, Extension Agent, health and nutrition  
830.620.3440  
snidek@co.comal.tx.us

### **DIY Saturday returns to highlight ‘Path to the Plate’**

**FOR IMMEDIATE RELEASE, JANUARY 3, 2019:**

*NEW BRAUNFELS* — The monthly DIY Saturday class at the county’s Extension Office returns for 2019 with a focus on highlighting the “Path to the Plate” – the connection between food and health.

The classes will be 9-11 a.m. on the second Saturday of each month at the Comal County office of the Texas A&M AgriLife Extension Service, 325 Resource Drive, New Braunfels. The cost of classes is typically \$15 per person

On Jan. 12, county extension agent Krystal Snider will teach students how to make their own baby food. The cost for this class will be \$30, and students must pay in advance at the Extension Office.

“Every parent wants the best for their child, but sometimes the best can be expensive,” Snider said. “Making your own baby food is a way to make sure your child is getting fresh, nutritious and delicious food while saving money, too.”

“Path to the Plate” is part of a broader Extension Service initiative to highlight the connection between agriculture, the food we eat and its effects on public health. As a result, DIY Saturdays in 2019 will focus more on growing, making and preparing nutritious food.

Attendees can register for the classes and get more information by calling 830-620-3440. Each class requires a minimum size, so students are encouraged to call ahead to make sure it will still take place.

The class schedule for 2019 is:

- Jan. 12: Baby Food
- Feb. 9: Meal Prep
- March 9: Herb Gardens
- April 13: Rainwater Harvesting
- May 11: Extension Office Open House
- June 8: Backyard Chickens/Eggs 101
- July 13: Pickling

- Aug. 10: Lunch Ideas
- Sept. 14: Backyard Gardening
- Oct. 12: Kids Day in the Garden
- Nov. 9: Sausage Making

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**Comal County Public Information Office**

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[anthop@co.comal.tx.us](mailto:anthop@co.comal.tx.us)

[www.comalcountytexas.com](http://www.comalcountytexas.com)