



COMAL COUNTY

PUBLIC INFORMATION

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DIY Saturday to focus on ideas for packed lunches

FOR IMMEDIATE RELEASE, JULY 30, 2019:

NEW BRAUNFELS — With a new school year about to start – and with it the prospect of hundreds of lunches to pack in the coming months – the Comal County extension office is offering a DIY Saturday class to help give parents packed lunch ideas for the fall.

Connie Sheppard, extension agent for family and community health, will provide plenty of fresh ideas for delicious meals sure to fuel kids – and maybe parents – through the afternoon.

The class will be 9-11 a.m. Aug. 10 at the Comal County office of the Texas A&M AgriLife Extension Service, 325 Resource Drive, New Braunfels. The cost of the class is \$15 per student.

“Every student will get samples and recipes to help them make tasty and nutritious lunches for themselves and their loved ones,” Sheppard said.

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

The class schedule for the rest of 2019 is:

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

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