



COMAL COUNTY

PUBLIC INFORMATION

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

Contact:

Connie Sheppard, Extension Agent, family and community health
830.620.3440
sheppc@co.comal.tx.us

Cooking, eating well the focus of online Extension Office classes

FOR IMMEDIATE RELEASE, MAY 5, 2020:

NEW BRAUNFELS — Comal County residents struggling with cooking and eating healthy meals in an age of social distancing can get helpful – and healthful – tips from a pair of online courses offered by the Extension Office.

“Eating Well for Healthy Living” is a free three-lesson course in which participants learn to reduce stress through meal planning and physical activity, spend less and get more at the grocery store, and safely store and prepare food.

“Cooking Well, Exploring Cultures” is a four-lesson series aiming to educate participants on nutrition, food safety and healthy cooking techniques through an interest in cultural cuisine – while expanding their use of ingredients and increasing their confidence in cooking new and diverse recipes from India, the Philippines, the Mexican interior and Poland. The cost is \$20.

“Just because we can’t meet in person doesn’t mean we can’t cook great meals together,” said Connie Sheppard, Comal County extension agent for family and community health. “These classes are excellent opportunities to make sure we’re staying healthy during a stressful time.”

The link to enroll in the “Cooking Well, Exploring Cultures” class is <https://agrillifelearn.tamu.edu/product?catalog=IPHI-005>. To enroll in “Eating Well for Healthy Living,” visit <https://agrillifelearn.tamu.edu/product?catalog=IPHI-004>.

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