



## **For Immediate Release**

### **Contact:**

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## **MEDIA ADVISORY**

### **Pittsburg Unified School District Hosts Free Healthy Cooking and Nutrition Classes for Parents**

Pittsburg Unified School District's Child Nutrition Department hosts healthy cooking and nutrition classes at elementary schools. Healthy recipes will be demonstrated and sampled to all participants. Recipe handouts as well as nutritional information about the items being prepared will be given out to each participant, along with a Healthy Cooking Recipe Book. Groceries will also be provided for the recipes demonstrated during class. The demonstration will give participants the opportunity to prepare meals for their families at home. In addition, the Contra Costa Food Bank will provide a bag of fresh fruits and veggies to the participants upon completion of the class. This program was made possible through a grant provided by Contra Costa County Public Health Services, which focuses on healthy eating and physical activity.

"This program brings full circle our focus on nutrition, healthy eating, and overall wellness by linking our community to learning opportunities that are showcased in the classroom," said Angelia Nava, Director, Child Nutrition Services at Pittsburg Unified School District. "Participating families will receive hands-on culinary experience, physical fitness activity ideas, and ingredients with recipes for cooking at home."

**WHO:** Pittsburg Unified School District Hosts FREE Cooking Class with Chef Alison Negrin for Parents of Elementary School Students

**WHEN:** April 6<sup>th</sup> and April 7<sup>th</sup>, 2017: 9:00am – 11:00am

**WHERE:** April 6<sup>th</sup> @Willow Cove Elementary School, 1880 Hanlon Way, Pittsburg and April 7<sup>th</sup> @Parkside Elementary School, 985 West 17<sup>th</sup> Street, Pittsburg, CA.

**WHY:** PUSD' Child Nutrition Department is spreading a message about nutrition, healthy eating and overall wellness.

**WHAT:** Menu items include: black bean and vegetable quesadillas, turkey chili with vegetables, and yogurt parfaits with fresh seasonal fruits. Nutritional handouts will include: my plate planner, healthy shopping tips, healthy serving ideas, nutritional facts, and healthy cooking recipe books.

**PHOTO OPP:** Photo and video opportunities are available at the cooking demonstrations. Please contact Nicky Mora, District Communications and PR Specialist, if you plan on covering these events.

### **About Pittsburg Unified School District**

Awarded the College Board's Gaston Caperton Opportunity Honor Roll award in 2016 for expanding access to college, [Pittsburg Unified School District](#) (PUSD) is one of 130 school districts across the nation recognized for creating opportunities for traditionally underrepresented students. PUSD is a K-12 district serving the community of Pittsburg, California. Founded in 1933, the school system is committed to providing an excellent opportunity for all students to learn. Comprised of eight elementary schools, three junior high schools, one comprehensive high school, one alternative education high school, an adult school, independent study options, and a preschool program, the school district serves more than 11,000 students. PUSD is located in the San Francisco Bay Area, fifty minutes outside of downtown San Francisco.

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