

# Comal Independent School District

## NEWS RELEASE

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### **Warm up your taste buds: CISD “Taste of the Town & Health Fairs” near**

Get your taste buds ready, the Comal ISD Child Nutrition Department is planning its annual Taste of the Town/Health Fair.

The Comal ISD Child Nutrition Department and Health Services are joining forces to present the 11<sup>th</sup> annual Taste of The Town & Health Fairs Jan. 30 & 31.

This is a free showcase of food samples that provides a chance for Comal ISD students, parents, faculty and community members to offer input on the menu items to be served in school cafeterias during the 2008-2009 school year. This event also provides many health and wellness learning opportunities and activities.

The Jan. 30 Taste of the Town and Health Fair will take place at Smithson Valley Middle, while the Jan. 31 event is at Freiheit Elementary, which opened this past fall. The SVMS Taste of the Town and Health Fair will run from 3:30-6 p.m. The Freiheit Elementary event will run from 2:30-6 p.m.

“This is a great opportunity for everyone to give us the feedback we need in planning the items to feature next year,” said Laurie Hock, CISD Child Nutrition Coordinator. “Come out, bring your family, try some great free food and new exciting products, and learn about different ways to get healthy and maintain wellness.”

The theme of this year’s Taste of The Town & Health Fairs is, “Rock your body the healthy way!”

The McKenna Health Link will provide free body-fat analysis, as well as bone-density, blood pressure, cholesterol, and blood-glucose screening.

The Cancer Society, Comal County Health Department and nutritionists will both provide wellness education, and the popular massage-therapy booths will make a return appearance.

“It’s a great way to learn a lot about how healthy you are, and learn new healthy lifestyle tips,” said Sharon Wright, RN, Comal ISD’s head nurse. “No matter what age you are, it’s always good to start getting tested — and it’s free.”

All events are free and open to the public. For more information, call Hock at 830-221-2081.

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