

February 28, 2013

News Release

For Immediate Release

Next "Farm 2 Table" Cooking Classes Set

The next two dates in the "Farm 2 Table" series of cooking classes have been set. The Farm 2 Table classes focus on healthy recipes made from fresh, local ingredients. The series is a partnership between the Springfield-Greene County Health Department, which provides the cooking instruction, and the Springfield Urban Agriculture Coalition, which donates the fresh food.

The series of one-hour classes is held monthly at the WIC kitchen facility, at Jordan Valley Community Health Center, 440 E. Tampa St. No registration is required and children are welcome. The upcoming topic schedule is as follows:

- **"Breakfast: Fuel to Go"** – 5:30 p.m.-6:30 p.m., Tuesday, March 5
- **"Grab 'n' Go Lunch"** – 5:30 p.m.-6:30 p.m.; Tuesday, April 2

The Springfield Urban Agriculture Coalition promotes healthy lifestyles and environments through hands-on education about production and consumption of locally-produced, natural, healthy foods. The Springfield-Greene County Health Department is increasingly focused on wellness and prevention efforts as obesity and associated chronic diseases continue to rise.

For more information, contact: Mike Brothers, Public Information Administrator, (417) 874-1205.