

Press Release
City of Perris

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FOR IMMEDIATE RELEASE

City of Perris to Launch New Cooking Series During COVID-19 Crisis

PERRIS, Calif. (April 30, 2020) — The City of Perris and the Information Technology Department is launching a series of cooking videos for Perris residents during the COVID-19 pandemic beginning Thursday, April 30, 2020.

“Quarantine Cooking” features weekly videos on simple and healthy recipes that promote healthy eating habits. Residents will learn how to make tacos, seafood dishes, appetizers and more. Each week, a new guest will visit the program to introduce a healthy recipe that can be made from basic ingredients at the local grocery.

In conjunction, the City is also working with personal trainer Laura Sosa to create home workout videos titled, “Live Well at Home with Laura.” The videos will continue the city’s efforts to promote healthy living during a time when Perris residents remain at home under quarantine. “Quarantine Cooking” episodes will release on Thursdays and can be viewed on the city’s social media platforms, YouTube Channel and Public Access Channel.

The City has also developed a virtual recreation center which can be accessed on the city’s website. The recreation center provides resources to fitness activities and information and encourage a healthy lifestyle, promote fitness, and create fun experiences for all ages while staying safe at home.

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