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## Spanish Cooking Class Combines Health, Flavor



Arcenio Ramirez, Crystal Lopez and Armando Panchi, members of the City's "nutrition education and obesity prevention" team, lead a Spanish cooking class Sept. 14 in the community garden.

Members of the City of Perris Nutrition Education and Obesity Prevention team conducted a healthy cooking class in Spanish for residents Sept. 13 at the City's community garden. Crystal Lopez, Arcenio Ramirez and Armando Panchi led the "salud con sabor" (delicious healthy cooking) class, which included money-saving shopping tips like using coupons and making a list of needed groceries before heading off to the store.



Armando Panchi prepares the chicken for an Asian mango chicken wrap at the Sept. 14 cooking class.

The highlight of the lesson was preparing an Asian mango chicken wrap, which included the main course along with peanut butter, light cream cheese, onions, red peppers, carrots, lettuce and onions. Participants were all smiles after munching the wrap.



Arcenio Ramirez shares a laugh with participants as they prepare a healthy chicken wrap as part of the City's ongoing efforts to encourage healthy eating and obesity prevention.

As part of its ongoing "Live Well Perris" campaign, the City has conducted numerous cooking classes for children, adults, diabetics and Spanish speakers, all with the goal of educating people to make smarter food choices. The City's next nutrition class will be held at 6 p.m. on Sept. 27 at the community garden, 101 North D Street. For additional information about Perris nutrition and healthy eating classes, call Arcenio Ramirez at 951-943-6100, ext. 269.

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