



home > city hall > press releases

Health Fair to Feature Free Food for Children

A healthy-food vendor will prepare fruits and veggie dishes, chicken salad and pasta for free to children under 18 years old during the third annual health fair April 25 that kicks off the City's Live Well Perris program.

Angelique Miller, who operates the commercial kitchen *180 Degrees and Still Standing*, said she is eager to show off her cooking prowess at the upcoming health fair. She praised the City of Perris for its commitment to helping residents live healthier lives through exercise and better food choices.

"The City of Perris is a growing City that is committed to families," Miller said. "It's the kind of place I want to be a part of."



Food vendors Danielle Shallowhorn and Angelique Miller, of 180 Degrees and Still Standing, stand in front of the business in Moreno Valley. They will be preparing up to 2,000 free healthy snacks at the April 25 health fair in Perris.

Miller and Perris Mayor Pro-Tem Tonya Burke met recently and agreed that the health fair would be an ideal venue for the chef to display her wares.

"The support I received from the City was phenomenal," Miller said. "People will hear more about the City of Perris in the future."

Told there would likely be as many as 5,000 people at the health fair at City Hall, 101 North D Street, including hundreds of youngsters, Miller replied: "No worries. We will have plenty of food!"

The health-fair culminates a partnership between the City, the Perris Elementary School District and the American Cancer Society, as all three organizations are hosting events that day.

The 5-kilometer "Fun Run" begins the day's activities, followed by opening ceremonies for the 24-hour "Relay For Life" which precedes the kickoff of the health fair at 10 a.m. The health fair features screenings for high-blood pressure, body mass and cholesterol, healthy-cooking tips, demonstrations, informational tips, entertainment, a play area for children and lots of prize giveaways.



A large banner announcing the City of Perris' third annual Health Fair has been hung on Perris Boulevard and Ramona Expressway.

The City is expected to raffle off at least 50 bicycles during the health fair, along with 200 bicycle helmets and gift cards. A large banner announcing the health fair is hanging on Perris Boulevard and Ramona Expressway. The health fair has already drawn more than 60 vendors. Radio Lazer will broadcast from the event.

Burke said she was impressed upon meeting Miller, who for years has operated a shelter in Moreno Valley for moms and kids victimized by domestic violence. Part of that work includes preparing healthy meals.

"She started with a vision to serve the community," Burke said. "She had a mission to serve as many families as she could with healthy alternatives."

Burke will lead a Zumba class during the health fair. She credits Zumba with helping her lose weight and live a healthier lifestyle. Burke said she is pleased to see the Live Well Perris program—now in its third year—continue its outreach to Perris residents.

"It started out as something small and now has grown into a year-round program to promote pride in living healthier," she said. "It's awesome that the City is doing it—and that residents are embracing it."

Perris Mayor Daryl Busch says the Live Well program contributes to a healthier City.

"A healthy City is a happy City," he said. "Our Live Well Perris program has been very successful and I have been impressed with the community participation. We hope it continues throughout the course of the program."

City Councilman David Rabb praised Miller's commitment to helping children eat healthier.

"I've reviewed the menu," he said. "I can't wait to try the food."

Rabb said events like the health fair prompt long-term changes in the lives of many Perris residents.

"It seems things are starting to come together to improve the health of our community," he said. "I look forward to what we can accomplish in the next few years."

City Councilman Julio Rodriguez called the health fair one of the community's signature events and said vendors like Miller, with their willingness to provide healthy foods to children for free, make it even more special.

"I am so thankful for our community partners who make it possible," he said. "I thank her so much for the service she is rendering to our community."

City Councilwoman Rita Rogers said she is pleased that so many vendors will be taking part in the health fair, which has been attended by thousands of residents in its first two years. It's another way the City is setting the pace among communities in spreading the importance of healthy living.

"As always the City of Perris is taking the lead in living well," Rogers said.

Media Contact

Joe Vargo
Public Information Officer
951-956-2120
jvargo@cityofperris.org



Perris City Hall
101 N. D Street
Perris, CA 92570

Hours: Mon. - Thurs. 8 am - 6pm
Offices are closed on Friday.
Phone: (951) 943-6100
Map to City Hall
Get our mobile apps:
Apple • Android

Contact Perris
Call: (951) 943-6100 (available 24 hours/day)

Report a Problem/Ask a Question:

Contact Form



In this website

- City Hall
- Government
- Residents
- Business
- Visitors