



WICHITA PUBLIC SCHOOLS MARKETING AND COMMUNICATIONS DIVISION

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NEWS RELEASE

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Wichita Public Schools producing healthy cooking show, “Fit, Fast, On a Dime – Cooking with USD 259”

In order to combat increasing rates of obesity and related health problems for students, staff and community members, the Wichita Public Schools is developing a series of healthy meal cooking shows titled “Fit, Fast, On a Dime – Cooking with USD 259.” The shows are taped at each comprehensive high school involving students in the Family and Consumer Science classes or Culinary Careers classes. The students cook different healthy recipes and demonstrate cooking techniques. The shows will begin airing in December on the district’s WPS-TV cable channel on Cox 20 and AT&T U-Verse 99, and streamed on the district’s website and podcasts. **Media is invited to observe a taping of one of the cooking shows on Wednesday, November 4 at 11:30 a.m. at Northwest High School, 1220 N. Tyler Rd.** The students will make basil cream cheese bruschetta, strip steak with broiled asparagus and bow-tie noodles and mixed berry cheesecake. The shows are being supported through a grant from the Sedgwick County Health and Wellness Coalition.

Vicki Hoffman, Director of Nutrition Services, is the show’s host. As students are demonstrating their recipes, Hoffman asks students about the food’s nutritional values, food safety, how long it takes to prepare the recipe and the cost of the ingredients.

“We want people to know that it’s not that difficult to prepare healthy meals even if some foods sound too fancy or expensive to prepare,” Hoffman said.

The shows demonstrate that nutritional meals can be prepared quickly and can be an alternative to fast food.

“For many people, the biggest obstacle for cooking healthy meals at home is time,” said Shannon Krysl, Director of Employee Benefits, who helped secure the grant for the project. “The students demonstrate basic cooking techniques on how to prepare meals quickly and inexpensively.”

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“The students are really enjoying being involved in this project,” Hoffman said. “Some students already want to have a career in the food industry, and this helps prepare them for the workforce. Others want to be the next Rachel Ray or Iron Chef.”

The shows are taped by the district’s Media Productions Department. At some high schools, the students enrolled in TV Production classes have helped with the taping. One show will be taped at each comprehensive high school during the fall semester and another show at each school will be taped during the spring semester.

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