

September 18, 2012

News Release

*For Immediate Release*

## **Firefighters Go to Cooking School**

The Springfield Fire Department and Price Cutter Culinary Director James Clary are teaming up to provide firefighters with hands-on training for how to cook healthy fare on a budget.

This training is part of an increased focus on firefighter health. Sessions begin today, from 9-11 a.m. and again 3-5 p.m. at the Taste Classroom inside Price Cutter at Republic and Kansas Expressway.

Firefighting brings inherent risks. Some, such as burns, asphyxiation and trauma may come as no surprise. But what is surprising is the number one killer of fire fighters is not any of those causes; it is heart attacks. In fact, nearly half of all firefighter deaths each year are attributed to heart attacks. Among the factors contributing to the increased risk include the physical demands of firefighting and emergency response, inactivity between calls and, often times, a poor diet.

Springfield firefighters must pay for their own meals while on-duty. This, combined with an extremely busy schedule, makes it difficult for many crews to prepare healthy and affordable meals, thereby adding to the risk of heart attack.

For the next two weeks, fire crews will visit the Taste Classroom inside Price Cutter at Republic and Kansas Expressway, where they will learn the essential ingredients and recipes every firefighter needs to know for cooking and eating healthy. The training lasts two hours and the firefighters are able to sample a meal prepared by Chef Clary following the event.

Additional sessions:

- Wednesday, September 19: 9-11am
- Wednesday, September 10: 3-5pm
- Monday, September 24: 9-11am
- Monday, September 24: 3-5pm
- Tuesday, September 25: 9-11am
- Tuesday, September 25: 3-5pm
- Wednesday, September 26: 9-11am
- Wednesday, September 26: 3-5pm

The City of Springfield is committed to employee wellness. In addition to the healthy cooking class provided to Springfield Firefighters, the City has an entire [wellness program, called inBalance](#). The program was created as a direct response to feedback provided in an employee survey. The name inBalance was chosen to remind employees that to achieve balance in life is one of the most beneficial aspects of overall health.

**Media Only**

For more information, contact: Fire and Life Safety Educator Cara Restelli Erwin, (417) 864-1699.