

JOHNSON COUNTY
KANSAS
Health & Environment

FOR IMMEDIATE RELEASE

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JCDHE and Hy-Vee Team Up to Offer Healthy Meal Kits

What: "Take and Make Healthy Meal Kit" Kick-Off Event

When: Saturday, May 7, 2016

Time: 11:00 a.m. to 1:00 p.m.

**Where: Hy-Vee (119th and Ridgeview)
18101 W. 119th Street
Olathe, KS 66061**

JOHNSON COUNTY, KANSAS (May 6, 2016) – In an effort to combat the rising rates of chronic disease, Hy-Vee and Live Well Johnson County (an initiative of the Johnson County Department of Health and Environment) partnered to develop healthy, nutritious Take and Make Meal Kits.

The meal kits will be available starting May 7th at the 119th and Ridgeview Hy-Vee location and the adjacent Hy-Vee convenience store.

The kits are pre-assembled and meet the American Heart Association Guidelines for calories, saturated fats and sodium content. The meals include all the ingredients needed to take home and put it in the oven or crock pot or in the freezer for later.

The Kick-Off Event will include taste-testing of the meal kits, information from dietitians and blood pressure screenings by the Department of Health and Environment. Buy a Take and Make Meal Kit during the event and receive \$2.00 off the regular price. The following meals will be available on Saturday:

- **Thai Pork with Peanut Sauce;** a convenient slow cooker meal
- **Caramelized Onion Chicken with a Raspberry and Red Wine sauce;** skillet ready in 20 minutes
- **Grilled Cajun Chicken and Vegetables with a Tomato Basil Cream Sauce;** perfect for an outdoor meal hot off the grill.
- **Beef Steak Fajitas with Peppers and Onions on Warmed Tortillas;** a simple meal in 3 easy steps.

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About Johnson County, Kansas

Located in the southwestern quadrant of the Kansas City Metropolitan Region, Johnson County, Kansas is a community of choice with a current population of more than 560,000, making it the most populated of the 105 counties in Kansas, but traditionally having the lowest mill levy in the state. For more information visit the county's website at www.jocogov.org.