



NEWS RELEASE

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C.H.O.W. served up on “The Insider”: Listen to the City of Murfreesboro’s Podcast on Podbean with Dr. Linda Gilbert

MURFREESBORO, Tenn. – C.H.O.W., the free emergency food service program for children ages 18 and under, is the topic on the latest edition of “The Insider,” the City’s monthly Podcast. Murfreesboro City Schools Director, Dr. Linda Gilbert, discusses how the meals program is responding to school closings amid the COVID-19 pandemic with “Insider” host Mike Browning. Listen to podcast at <https://cityofmurfreesborotn.podbean.com/>.

C.H.O.W. stands for “Combating Hunger On Wheels.”

This latest edition of City’s official podcast is available on the City of Murfreesboro’s website <http://www.murfreesborotn.gov/> via PodBean. Just click the **Media Center** tab on the homepage <http://www.murfreesborotn.gov/107/Media-Center> then click “Listen to City Podcasts” to access PodBean <https://cityofmurfreesborotn.podbean.com/>. “The Insider” podcasts can also be downloaded as an MP3 format via the Podbean app.

Topics discussed with Dr. Gilbert in this edition of “The Insider” include:

- Decision-making that spurred C.H.O.W. into immediate action.
- Changes to the meal program, including extra buses with different colors.
- The numbers of meals served per day.
- How citizens can donate to the program to help keep it running during the crisis at <http://www.cityschools.net/>.

“Insider” is hosted by Public Information Director Mike Browning and produced by award-winning producer Michael Nevills every month in the studios located in Murfreesboro City Hall.

For City News online, visit www.Murfreesborotn.gov.

Photo caption:

1. *City of Murfreesboro Podcast graphic.jpg.*
2. *Dr. Linda Gilbert, Murfreesboro City Schools Director.jpg*