



## Healthy Cooking School

Fast and Fresh  
Delicious healthy recipes based on the Mediterranean meal plan

**Saturday, June 6, 2015**  
**St. Michael's Catholic Church**  
**2898 US Hwy 190 West**  
**Jasper Texas 75951**

Doors open at 1:00 pm!!  
Cooking School: 1:30 pm to 3:30 pm

**\$20.00** pre-registration by **May 22, 2015.**

For more information, contact Texas A&M AgriLife Extension Service:  
Jasper County 409-384-3721; Newton County 409-379-4831  
Sabine County 409-787-4342; Polk County 936-327-6828  
Angelina County 936634-6414

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

The Dinner Tonight Cooking School  
will teach you easy, nutritious and economical  
ways to feed your family!  
Join us for the culinary event of the year!



While there are many groups who conduct cooking schools, the Dinner Tonight Healthy Cooking School has a unique niche with demonstration recipes that are cost effective, easy to prepare and fit into a healthy meal plan. We are targeting busy people who still want to make time for meal preparation and feel good about what they are feeding themselves and their family. The goal is to promote family mealtime, teach families healthy meal planning and food preparation techniques, and promote Texas agriculture!



Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State & Zip: \_\_\_\_\_  
 County: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

The Dinner Tonight cooking school is scheduled from 1-4 p.m. June 6th, featuring recipe demonstrations that promote Texas agriculture. Pre-registration is \$20 with on-site \$25 per person. The cooking demonstrations feature nutritious, quick and easy meal preparation.



**Register by May 22, 2015!**

\$20 per person x \_\_\_\_\_ = \$ \_\_\_\_\_  
 \$25 per person at the door.  
 \_\_\_ Check (Payable to Jasper Program Fund )



Return completed form & payment to:  
 Texas A&M AgriLife Extension Services  
 Jasper County  
 103 East Houston Street  
 Jasper, Texas 75951  
 Registration Questions: 409-384-3721

**ALL REGISTRATION FEES ARE NON-REFUNDABLE,  
 BUT ARE TRANSFERRABLE.**

Educational program by the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin. The Texas A&M University System, US Department of Agriculture and the County Commissioners Courts of Texas Cooperating. Persons with disabilities requiring auxiliary aids or special accommodations should contact the Extension Office prior to event.