



Healthy Cooking School

Fresh for the Garden

Saturday, September 12, 2015
Jasper County Courthouse Annex
271 East Lamar Street
Jasper, Texas 75951

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

\$20.00 pre-registration by **August 28, 2015.**

For more information, contact Texas A&M AgriLife
Extension Service:
Jasper County 409-384-3721

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!

The Dinner Tonight cooking school is scheduled from 1-3:30 p.m. September 12th, 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.



Name: _____
 Address: _____
 City: _____
 State & Zip: _____
 County: _____
 Phone: _____
 Email: _____

Register by August 28, 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.