

Jasper County



DO WELL
BE WELL

TEXAS A&M AGRILIFE EXTENSION

Cooking Well with Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them.

Also, a series of four, fun, interactive classes packed with research based information and delicious diabetes friendly recipes.

Date:

Friday's
May 18, 2018 to
June 15, 2018

Time:

10 am to Noon

Location:

Community Center
(Lions Hall)
Buna, Texas 77612

1. **Carbohydrate Foods**—Recognizing carbohydrate in recipes and using sweeteners effectively
2. **Make Recipes with Fat Better for You**—Healthy fats & fat substitutions
3. **Double Pleasure Side Dishes**—Reducing sodium and increasing fiber
4. **Food Demonstrations**
5. **Celebrating Sensibly**—Special event recipes that are healthy and delicious

Registration: Call the Extension Office by **May 1, 2018** at **409-384-3721**.

Cost: \$10.00 per person

Person needing auxiliary services need to contact Texas A&M AgriLife Extension—Jasper County office at 409-384-3721 within 5 working days prior to program.

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