

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 <u>May 1, 2018</u> at 409-384-3721. Cost: \$10.00 per person

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



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