



DINNER TONIGHT

HEALTHY COOKING SCHOOL

"During the cooking school, everyone will see demonstrations of quick and easy-to-make recipes from the *Best of Dinner Tonight* menu cards— perfect for busy families. 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. Our goals are to promote family mealtime, teach families healthy meal planning and food preparation techniques, and promote Texas agriculture."

The Dinner Tonight Healthy Cooking School Presented by the Texas A&M AgriLife Extension Service

Grab your friends and join us for food and fun at the Dinner Tonight Cooking School. During this school, everyone will:

- See demonstrations of quick and easy-to-make recipes to create at home,
- Learn healthy and economical meal preparation ideas,
- Discover new culinary tips and food preparation techniques,
- Receive special Dinner Tonight menu card sets, and
- Have the opportunity to win door prizes.

For More Information: Call 325-372-5416