



Healthy Cooking School

Monday, February 6, 2012

Extraco Events Center

Creative Arts Building

4601 Bosque Blvd

Waco, Texas

Doors open at 5:00 PM!!

Cooking School 6:00 PM—8:00 PM

\$15 pre-registration by February 1.

\$20 at the door with limited seating available.

For more information, contact Texas AgriLife Extension Service:

McLennan County

254-757-5180

Coryell County

254-865-2414

Bell County

254-933-5305

Williamson County

512-943-3300

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 6-8 p.m. Feb. 6, featuring recipe demonstrations that promote Texas agriculture. Pre-registration is \$15 with on-site \$20 per person. The cooking demonstrations feature nutritious, quick and easy meal preparation.



\$15 Registration Fee by February 1, 2012

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

Register Online!
<https://agriliferegister.tamu.edu>
 Keyword: Cooking

Check (Payable to Texas AgriLife Extension Service)
 Mastercard Visa Discover
 Card Number _____
 Billing Zip Code _____ 3 Digit Security Code _____

Return completed form & payment to:
 Texas AgriLife Extension Conference Services
 2139 TAMU
 College Station, TX 77843-2139
 Fax: 979-862-4511

Registration Questions: 979-845-2604

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



Educational program by the Texas 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.