



TEXAS A&M
AGRILIFE
EXTENSION

Healthy Cooking School

Tuesday, April 22, 2014

Brown County Youth Fair

Home Economics Building

4206 Hwy. 377 South

Brownwood, Texas

For map to facility visit [http://www.browncountyfairandrodeo.com/
contact.html](http://www.browncountyfairandrodeo.com/contact.html)

Doors open at 5:00 PM!!

Cooking School 6:00 PM—8:00 PM

\$20 pre-registration by April 8

\$25 registration at the door

For more information, contact Texas A&M AgriLife Extension Service:

Brown County
325-646-0386

Coleman County
325-625-4519

Runnels County
325-365-2219

Mason County
325-347-6459

McCulloch County
325-597-1295

Menard County
325-396-4787

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!

Goody Bags

While there are many groups who conduct cooking schools, the Dinner Tonight Healthy Cooking School has a

Food samples

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 6:00—8:00 pm on April 22, featuring recipe

Demonstrations that promote Texas agriculture. Pre-registration is \$20 per person. The cooking demonstrations feature nutritious, quick and easy meal preparation.

Door Prizes

Recipes



\$20 Registration Fee by April 8, 2014

\$25 Registration at the door

Name: _____

Address: _____

City: _____

State & Zip: _____

County: _____

Phone: _____

Email: _____

___ Check or Money Order (Payable to HEAG)



Return completed form & payment to:
Texas A&M AgriLife Extension Service—Brown County
605 Fisk Avenue
Brownwood, TX. 76801
Fax: 325-646-2011

Registration Questions: 325-646-0386

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.