

Future Cooking School Dates:

November 6 & 13, 2018

@ First United Methodist Church

37 E. Beauregard Ave.

San Angelo, Texas

For more information on times, locations, and registration,
contact Texas A&M AgriLife Extension Service:

Tom Green County

325-659-6522

Sponsored by:

Texas A&M AgriLife Extension

Rust Street Ministries

Young Lives

Methodist Healthcare Ministries



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



“Cooking Well” with Diabetes

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

Chapter's 1 - 4

Thursday, October 18, 2018

@ Christian Job Corps of San Angelo

Program & Cooking: 8:30 a.m.—12:30 p.m.

Free tastings, recipes, and gift bags!

Cooking Well with Diabetes is a series of four fun hours of interactive classes packed with research based information and delicious diabetes friendly recipes.

Program Includes...

Carbohydrate Foods

Recognizing carbohydrate in recipes and using sweeteners effectively

Make Recipes with Fat Better for You

Healthy fats & fat substitutions

Double Pleasure Side Dishes

Reducing sodium and increasing fiber

Celebrating Sensibly

Special event recipes that are healthy and delicious



Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

E-mail: _____



*****Open to the First 30 Participants*****

Pre—Register by October 15, 2018

Return completed form or call to get your name on the list at:

Texas A&M AgriLife Extension
Tom Green County Extension Office
113 W. Beauregard Ave.
San Angelo, Texas 76903
325-659-6522