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Young Lives



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“Cooking Well” with Diabetes

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

Chapter’s 1 & 2

Tuesday, November 6, 2018

Chapter’s 3 & 4

Tuesday, November 13, 2018

@ First United Methodist Church
37 E. Beaugard Ave. San Angelo, TX
Program & Cooking: 2:00—4:00 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 November 1, 2018

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

Texas A&M AgriLife Extension
Tom Green County Extension Office
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San Angelo, Texas 76903
325-659-6522