

Wise Notes for Consumers

Submitted: 3-31-17

Path to the Plate: Healthy Grilling Workshops

Grab your friends and join us for our newest program called Path to the Plate-Healthy Grilling Workshops. Hosted by Texas A&M AgriLife Extension Service and Wise County Extension's Leadership Advisory Board, Family and Consumer Sciences, and Ag and Natural Resources planning groups; the two night event is scheduled for Thursday, April 27 and May 4 in the Women's Building at the Wise County Fairgrounds. The workshops begin at 6 pm each evening and will conclude around 8 pm.

We are targeting busy people who still want to make time for meal preparation with a grilling twist and feel good about what they are feeding themselves and their family. Whether you're an old hand or a novice at outdoor grilling we think you will benefit from Path to the Plate. Our goals are to promote Texas Agriculture and teach participants about the role agriculture plays in providing proper nutrition, preventing food waste, and alleviate unsubstantiated fears about the food supply.

To get you ready for grilling season, cooking demonstrations will showcase how to use fresh flavors to make healthy and delicious meals for you and your family. Two different type meats (beef, pork, fish, poultry) along with fruits and vegetables will be featured at each workshop session. You will learn to maximize flavor with the mysteries of marinades and rubs, smart grilling techniques and hear the facts of gas vs charcoal grills. Generous samples of each recipe demonstrated are sure to satisfy your appetite. Agriculture commodities will be featured as we connect agriculture production to health and nutrition.

The pre-registration fee is \$15 per person for one session or \$25 per person for both sessions. The fee includes recipes, brochures, recipe samples, goody bags, and door prizes. Please call the Extension office at 940/627-3341 to reserve your spot. Space is limited.

Sponsors of Path to the Plate include: Texas Beef Council, Cargill, Texas Pork Producers, First Financial Bank, First State Bank, Legend Bank, and The Community Bank.

I hope you will join us to gain tips, tools and tastes that will put you ahead of the pack this grilling season! For additional information, contact the Extension office at 940/627-3341.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.