



Cooking Well with Diabetes

No Cost to Attend!

COURSE INFORMATION

Cooking Well with Diabetes is a self-paced cooking class designed to help people with diabetes and anyone that prepares food for them. This four-lesson course includes basic nutrition education to help plan meals and prepare food for people living with diabetes.

Lessons include

- Recognizing carbohydrate foods
- Planning balanced and satisfying meals
- Reducing fats in recipes
- Increasing use of healthier fats
- Improving sodium & fiber content in recipe
- Celebrating holidays sensibly

Lessons will also include

- ◆ Recipes
- ◆ Food samples
- ◆ Door prizes

Class Information

The four-lesson course will be held at Live Oak Village located at 2101 West Wheeler Ave. in Aransas Pass. Classes will be held at 2:00pm on April 12, 19, 26 and May 3, 2022.

To preregister contact

Kathy Farrow, CEA-FCH
Texas A&M AgriLife Extension
San Patricio County
361-587-3400
k-farrow@tamu.edu

or Live Oak Village
2101 West Wheeler Ave A
Aransas Pass, TX
361-758-6030

Preregister today and learn to
cook well with diabetes!

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