



Dinner Tonight Lesson Series



**Wednesday's - January
20, 27 & February 3, 2016**

6:00 - 7:00 p.m.

Tarrant County

Plaza Building

200 Taylor Street, Suite 500

Fort Worth, TX 76196

Cost: \$25 per person

(covers entire lesson series)



Instructed by:

**Vahista Ussery, MS, MBA, RDN
Dietitian/Chef**

To Taste "A Culinary Experience"

Space is limited.

Reserve your seat today!



**TEXAS A&M
AGRI LIFE
EXTENSION**

January 20 - *Fad vs. Fact:* With so much access to nutrition information, it can be tricky to decipher fact from fiction! Everyone seems to be an expert these days on what to eat or how to eat, making it more confusing than ever! Is coconut oil the answer to all our health woes? Should we stop drinking cow's milk and replace it with soy, almond, or coconut milk? What in the world is gluten, and do we need to stay away from it? A juice cleanse is a sure fire way to lose weight, right? Let's take a closer look at these fad diets, trends, and foods and find out the truth!

January 27 - *Nutrition 101:* In our first session, we took a look at diet trends and fads; now let's examine the basics of healthy eating. Learn the fundamentals on what to eat and how much you should be eating through the guidance of MyPlate. Healthy eating is more about reworking your plate than scarifying foods you love! Let us teach you how!

February 3 - *Get Cooking to Improve Your Health!* Research has shown that people who cook more at home tend to be healthier. Cooking is truly one of the best ways to take control of your health. Learn what cooking equipment you need to be successful in the kitchen, and then learn how to stock your pantry so that a healthy meal is always at your fingertips!

Please register me for the Dinner Tonight Lesson Series (*\$25 fee is non-refundable, is transferable*)

Name: _____

Phone Number: (____) _____ Email Address: _____

**Return this form and payment to: N&H Department,
P.O. Box 1540, Fort Worth, TX 76101**

Make check or money order payable to: Tarrant TEEA

For further information call 817-884-1294 weekdays during business hours or email

tbell@ag.tamu.edu . Advance registration is required. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service, or an accommodation in order to participate in this meeting are encouraged to contact Markena Minikon, CEA-Nutrition and Health, Texas A&M AgriLife Extension-Tarrant County ten days before program at 817-884-1294.