

Mobile Cooking

- "Cooking stations" to set up in almost any location
- Helpful tips and hands-on food preparation
- Nutrition basics and practical skills
- Healthy meals to make at home
- Healthy eating patterns



Here's how to sign up:

Costs:

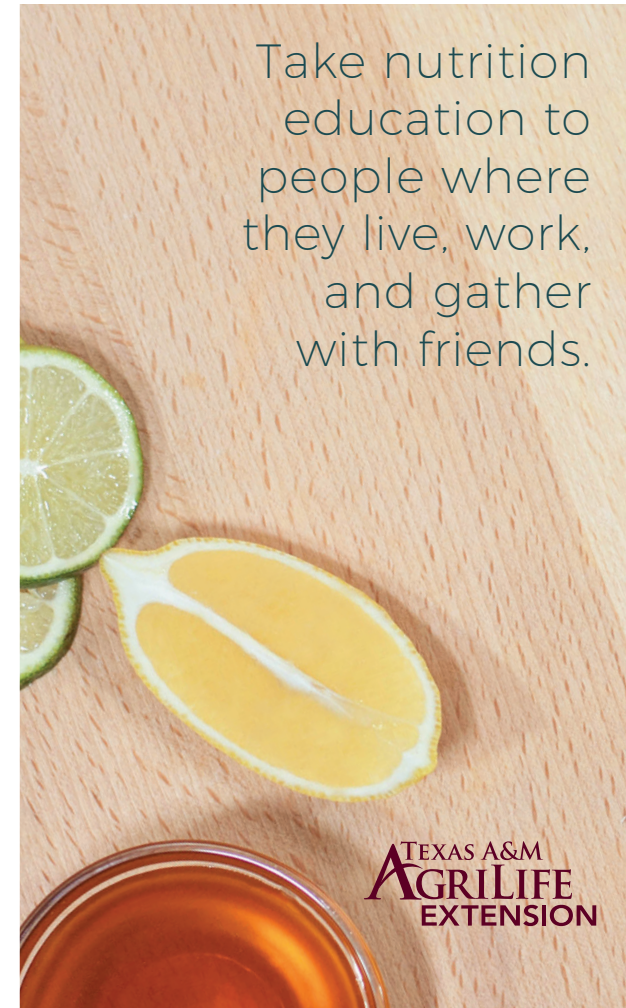
For More Information

Texas A&M AgriLife is an equal opportunity employer and program provider.



ON THE ROAD TO HEALTHY LIVING *Mobile Cooking School*

Take nutrition education to people where they live, work, and gather with friends.



TEXAS A&M
AGRI LIFE
EXTENSION



1

LOCATION AND DATE

HOSTS

- Secure a location for the class.
- Schedule class days and times that work for presenter and participants.

2

MARKETING

EDUCATORS

- Provide ready-to-edit marketing materials (or you can use your own methods to spread the word).

3

RECRUIT, REGISTER, AND REMIND

HOSTS

- Recruit and register participants.
- Assist with reminders and follow-up.

4

VOLUNTEERS

HOSTS

- If possible, involve volunteers to help manage the classes.

5

PROVIDE

EDUCATORS

- Provide all food items and supplies needed to conduct classes, including incentive items for participants.

7

LEARN AND TRY

PARTICIPANTS

- Learn to make quick, easy, economical, and healthy meals.
- Try new foods and meet new people.
- Increase confidence in food preparation.

6

DELIVER

EDUCATORS

- Deliver research-based instruction and hands-on workshops to teach nutrition and food preparation skills.

8

MEASURE EFFECTIVENESS

EDUCATORS

- Measure effectiveness and results with pre- and post-survey information.

