

Office of Montgomery County
9020 Airport Road
Conroe, Texas 77303
(936) 539-7825

TEXAS A&M AGRI LIFE EXTENSION

Date _____

(Business name)

(Business address)

(Business city, state and zip)

Dear _____,



At Texas A&M AgriLife of Montgomery County we are very excited to partner with the Montgomery County Healthy Living Alliance and United Way to implement a straightforward approach to combatting obesity and promoting good health in Montgomery County. **The “On the Road to Healthy Living” mobile cooking school** is designed to take cooking classes and nutrition education to the people of the community. Our goal is to create easily transported “cooking stations” that can be set up in almost any location throughout the county. The school will consist of a series of 3 classes that include hands-on food preparation. By teaching nutrition basics and practical cooking skills, we believe we can increase the likelihood that participants will choose to prepare healthy meals at home and increase their intake of healthy foods. Although our classes will be offered to anyone interested, our priority in scheduling will be low-income areas with limited transportation access and relatively high rates of obesity. ***We would like to invite you to join with us in this effort to make a positive impact in our community.***

The core of our mobile cooking classes will be equipment and supplies that we can take on location. As a supplement, we will include educational reinforcement items that participants can take home and use to prepare healthy foods at home. Further, each class will include preparation of fresh whole foods followed by actual consumption and constructive discussion. We anticipate participants will try new foods and learn new skills, but we also expect to promote healthy eating as an economical and “do-able” activity that families can practice and enjoy. We expect to have tangible and measurable outcomes as well as anecdotal and inspiring stories that will illustrate the effectiveness of this approach.

The Montgomery County United Way has been generous in assisting us with pilot project funding to implement the program. The Montgomery County Extension Family and Consumer Sciences program Advisory Board will oversee the use of grant funds to ensure money is spent wisely and purposefully. In order to reach as many people as possible and to extend our resources as far as possible, the committee has asked us to seek additional community partnerships.

We are seeking support from area businesses to extend our outreach. You can help in one or more of a number of ways.

- 1) Donate equipment/supply items for the cooking stations. Following is a supply list of items we will need to set up the station. Items on the list are our basic priority, but additional or similar items that could be useful in classes would also be appreciated. Our goal is to have 4 complete stations. ***Items such as: lightweight foldable/portable tables, coolers/ice chests on wheels, plastic tubs on wheels (45-gallon size), blenders, can openers, colanders, cutting mats, dry measuring cups, electric skillet, extension cords, power strips, food thermometers, box-style graters, hot pads, kitchen shears, kitchen timers, knife sets, liquid measuring cups, measuring spoons, mixing bowl sets, pancake turners, saucepans, potato mashers, vegetable peelers, serving***

platters, serving utensils, skillets, rubber spatulas, stirring spoons, tongs, butane 1-burner stoves, 1 or 2 plate electric burners, whisks, zesters/microplanes, dish towels & cloths, knife sharpeners, toaster ovens, small baking pans, small cookie sheets

- 2) Donate items that can be used for educational reinforcements. After each class we would like to send participants home with something that will encourage them to practice what they have learned and to prepare food at home. These can be almost anything that can be related to food, food preparation, food presentation, food safety or in promoting positive association with healthy living. Our goal is to make approximately 200 educational contacts throughout the year. **Items such as, aprons, small kitchen items, small appliances, gift card for groceries, gifts cards for gas.** Also, to provide professional presentations as we train, we can use **items such as: White board, easel, & dry erase markers, professional teacher aprons with United Way and Texas A&M AgriLife Extension logos**
- 3) Donate foods consumable supplies that can be used in cooking demonstrations and meal preparations. **Items such as: groceries for each menu (fresh, frozen, or canned foods that have few additives or preservatives are ideal), butane for burners, paper plates, bowls, cups, plastic eating utensils, napkins, hand soap, dish soap, dish sponges/scrubbers, hand sanitizer, surface sanitizer, garbage bags, ziploc bags- various sizes, paper towels, vinyl gloves, gas cards for instructor transportation to sites.**
- 4) Donate gift cards or money that can be used for program supplies and ongoing expenses. Gift cards and cash donated to the project will be used strictly for costs associated with program implementation.

We realize that donations must be planned into your budget. We will be continuing this program throughout 2014 and hopefully beyond, and will be happy to accept donations at any time. Please let us know if we can count on you to help us out with this impactful project by donating now, or giving us an idea of when we could include your contribution in our program. We are a nonprofit, tax-exempt, educational organization with the EIN 76-0550526.

To make a donation please contact:

Amy Ressler, County Extension Agent-Family and Consumer Sciences
c/o Texas A&M AgriLife Extension Service
9020 Airport Road
Conroe, Texas 77303
(936) 539-7825
a-ressler@tamu.edu

Additionally if Amy is not available, feel free to visit with Jenni Adams, FCS Office Coordinator, at the same address and phone number above and/or email at jbadams@ag.tamu.edu, or Margie Taylor, FCS Committee Chair, at 1022 McCall Street, Conroe, TX 77301 (936) 539-1096 EXT. 224 or margie@mcea-tx.org.

If you have any questions, or have other ideas for other ways you might be able to support the project, please do not hesitate to let us know. We believe that by working together with and in our community, our chances for success are much greater. Thank you for your time and consideration of this request. We look forward to working with you.

Sincerely,

Amy Ressler
County Extension Agent
Family and Consumer Sciences
Montgomery County

