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**Dinner Tonight!**  
**HEALTHY EATING BEGINS AT HOME.**

Mealtime can be the best time for families to reconnect and share the day's events. However, today's family is a busy family, and preparing quick and easy meals that are both good and good for you can be a challenge.

Featuring family-friendly, cost-effective recipes, the *Dinner Tonight!* program is the perfect solution for those families with mealtime questions. The program includes:

- Helpful and engaging weekly video demonstrations with cooking tips, menu planning basics, and information on healthy living, as well as healthy and quick recipes
- Fun and informative live cooking schools
- Webinars featuring cooking tips and techniques, reliable nutrition information, food safety tips, recipes and guidance on food preparation

**Goals of Dinner Tonight!**

- Improve health and wellness of Texans through nutrition education
- Teach individuals and families healthy meal planning and food preparation techniques
- Promote family mealtime
- Promote Texas agriculture and products

 <p><b>91.6% OF ADULTS</b> in Texas fail to get the recommended daily consumption of vegetables*</p>	 <p><b>52% OF ADULTS</b> in Texas are obese*</p>
 <p><b>89.2% OF HIGH SCHOOL STUDENTS</b> in Texas don't get the recommended daily consumption of vegetables*</p>	

For more information, visit: [dinnertontight.org](http://dinnertontight.org)

\* U.S. Department of Health (2015). Vegetable consumption per day, and underconsumption. Retrieved from <http://www.nutrition.gov/healthy-diet/vegetables>

\*\* U.S. Department of Health (2015). Obesity and high school students. Retrieved from <http://www.nutrition.gov/healthy-diet/obesity>

\*\*\* U.S. Department of Health (2015). Obesity and high school students. Retrieved from <http://www.nutrition.gov/healthy-diet/obesity>

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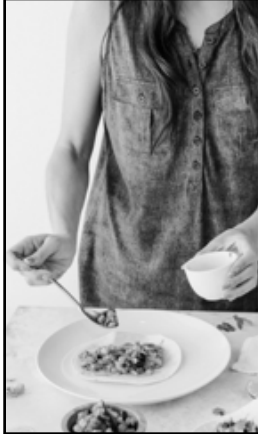
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### Dinner Tonight Healthy Cooking Schools

- Big, fun, event!
- Educate people on the topics of nutrition, food safety, and cooking techniques.
- Live demos of multiple recipes, with fun transitions.
- Potentially give out samples & door prizes.

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### Dinner Tonight Healthy Cooking Schools

- Fee based program.
- Resources - recipes, marketing materials, sponsorship/vendor letters, implementation guide, talking points, emcee script, much more!
- Evaluation

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**WEBSITE**

- Always a great resource!
- Newsletter
- Recipes go out weekly!

**SOCIAL MEDIA**

- Facebook, Twitter, Pinterest, Instagram, youtube
- Re-post our content!

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**Thank you!**

Questions?  
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