



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL

Dinner Tonight JUNIOR

PROMOTING HEALTHY LIFESTYLES IN YOUTH AND FAMILIES

You're invited to a great event for families and kids! You'll learn about preparing healthy meals, kitchen safety, family mealtime, reading food labels, grains, healthy snacks, low calorie drinks, power up breakfasts and physical education.

GAMES

INTERACTIVE STATIONS

DOOR PRIZE GIVEAWAYS

FOOD DEMONSTRATIONS/SAMPLES

**Kenedy Elementary Cafeteria
Tuesday, February 26 at 6pm**



HEALTHY SOUTH TEXAS



**TEXAS A&M
AGRI LIFE
EXTENSION**

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