



TEXAS A&M
AGRI LIFE
EXTENSION

EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



UNITED WAY
**Eastside Family
Resource Center**

in partnership with DePelchin Children's Center

COOKING *With* EFNEP

FREE Cooking School

CONTACT US

April 1, 8, 15 and 22

10:30 a.m. to 12:30 p.m.

ldominguez@depelchin.org

Ph.# 210-807-0037

Four Sessions Covering

Realtime Recipe Prep, Nutrition,
Safe Food Handling, Physical Activity