



# Cooking up Health with

Julie Gardner  
Extension Specialist  
Texas A&M AgriLife Extension Service

**DINNER TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION

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## What's Cooking with Our Health?

- **32% of Texans are obese.**<sup>1</sup>
- **Texas ranks 11<sup>th</sup> in the nation for adult obesity rates.**<sup>1</sup>
- **27% of Texas adults reported no physical activity during the last month.**<sup>2</sup>
- **Texas is now ranked the 7<sup>th</sup> most inactive state in the nation.**<sup>3</sup>

1. Trust for America's Health (n.d.). The state of obesity in Texas. Retrieved from <http://stateofobesity.org/state/tx/>  
 2. Centers for Disease Control and Prevention (2012). Overweight and Obesity. Retrieved from <http://www.cdc.gov/obesity/stateprograms/fundstateu/pdf/texas-state-profile.pdf>  
 3. Trust for America's Health (n.d.). States with highest rates of physical inactivity. Retrieved from <http://stateofobesity.org/lists/least-physically-active-states/>  
 4. Trust for America's Health (n.d.). Key health data about Texas. (<http://healthymamericans.org/state/stateid-TX>)

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## What's Cooking with Our Health?

- **Only 8.4% of Texas adults consume the recommended daily amount of vegetables.**<sup>4</sup>
- **Only 10.8% of high school students consume the recommended amount.**<sup>4</sup>
- **Texas has the 11<sup>th</sup> highest adult obesity rate in the nation.**<sup>4</sup>

1. Trust for America's Health (n.d.). The state of obesity in Texas. Retrieved from <http://stateofobesity.org/state/tx/>  
 2. Centers for Disease Control and Prevention (2012). Overweight and Obesity. Retrieved from <http://www.cdc.gov/obesity/stateprograms/fundstateu/pdf/texas-state-profile.pdf>  
 3. Trust for America's Health (n.d.). States with highest rates of physical inactivity. Retrieved from <http://stateofobesity.org/lists/least-physically-active-states/>  
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### What's on Your Plate?




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### What's for Dinner?

Do you know what's for dinner?

Does your dinner:

- Provides a variety of foods
- Follows Dietary Guideline Recommendations
- Follows MyPlate recommendations
- Promote healthy conversation

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### Dinner Tonight Can Help You!

- The Dinner Tonight program was developed to provide busy families with quick, healthy, cost effective recipes that taste great.
- Dinner Tonight provides accurate, healthy, and safe recipes for the entire family.
- Our goal for the Dinner Tonight program is to improve the health and wellness of Texans through nutrition education.

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## Dinner Tonight Resources

Dinner Tonight accomplishes its goals by providing recipes, weekly video demonstrations, and basic information on nutrition, cooking tips and techniques, meal planning, and healthy living.

- Website <http://dinnertonight.org>
- Email Newsletter
- Social Media



<https://www.facebook.com/txdinner>



@dinnertonightag

- Dinner Tonight Healthy Cooking Schools

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## Dinner Tonight and Master Wellness Volunteers.....a Perfect Combination

What can you contribute?

- Research
- Marketing
- Behind the Scenes
- On Stage

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## Volunteer Resources

Healthy Food Demonstration Guide

- Recipe for Success
- Planning for the Demonstration
- Presenting Healthy Eating
- Food Safety
- Nutrition

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Dinner Tonight and You.....Questions?



TEXAS A&M  
AGRI LIFE  
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