



Cook Smart | Eat Smart

The Cook Smart, Eat Smart Cooking School will teach you how to prepare simple, healthy and delicious food for you and your family. Cook Smart, Eat Smart keeps it simple—simple healthy preparation techniques, simple ingredients and simple equipment.

Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home. Cook Smart, Eat Smart also provides tips for stretching your food dollar while still eating healthy.



COOKING TECHNIQUES

Roasting
Marinades
Stir Frying
Rice

Also included

10 keys to cooking smart
Food safety



COOKING TECHNIQUES

Grilling
Crock Pot
One-Pot Meals
Baking

Also included

Shopping
Unit pricing
Nutrition label
Buying meat



COOKING TECHNIQUES

Steaming
Soup
Packet Cooking
Sautéing

Also included

Family favorites
Perfect pantry
Portion control
Knives



COOKING TECHNIQUES

Simple appetizers
Salad and salad dressing
Quick breads
Pasta
Eggs

Also included

Eating together as a family
Setting the table
Entertaining

For more information about Cook Smart, Eat Smart contact:

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