

BRAZOS COUNTY FOOD AND NUTRITION SUMMIT

Cooking through the Decades



November 4, 2023
10 am-3:00 pm

Brazos County Extension Office

\$5 per person *** Register by October 20th
for 3rd-12th grade 4-H members



Cooking Sessions:

Main dish
Appetizer
Healthy Dessert
Side dish

Practice cooking basics
while cooking vintage
foods with a modern twist.



General Sessions

Food safety
Sports nutrition
Food labels
Fruit trees
Food photography

Learn important nutrition
topics and plan a
community service project.

For more information
contact Flora Williams at
fewilliams@ag.tamu.edu

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