

LIFESTYLES

SUNDAY, SEPTEMBER 1, 2013

Have a question or need information? Email: jchavez@uvaldeleadernews.com

Net-healthy cooking class is open to public



KIM EAGLE | LEADER-NEWS

Volunteer Emily Moreno (left) and facilitator Mary R. Garcia (second from left) instruct teaching kitchen students how to make a healthy popcorn snack. Health educator Carol Garcia (center back), looks on and asks participants questions during the demonstration.

cal
cooking
class. Stu-
dents watch and
learn as the trained
facilitators demonstrate

At a recent class, students were taught how to prepare red beans and brown rice.

"Carol was having a class when Congressman [Pete] Gallego was visit-

time they met.

One of the six class sessions takes place at H-E-B where employees give

rated fats.

It also aims to create positive changes in shopping, cooking and eating habits and nutri-

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SAVINGS

