



# 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:**

