Relevance
The percentage of the food budget spent on away-from-home food has increased steadily since the 1970s. Consequently, the proportion of calories provided by away-from-home food has also increased. When dining out, there is a tendency to choose foods higher in calories, and large portions are increasingly common. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost-effective meals for their families. Fortunately, county AgriLife Extension agents have the knowledge and expertise to provide resources that will help encourage at-home family mealtime.

Response
The Dinner Tonight! program encourages family mealtime by providing quick, nutritious, cost-effective recipes to consumers through weekly video webcasts and other web-based methods, such as blogs and Facebook. Every Monday, a new video demonstration is released by a member of the Dinner Tonight! team. Many agents across the state use the Dinner Tonight! program as an educational, as well as a visibility, strategy within their county. The Dinner Tonight Healthy Cooking Schools were also added as a new initiative in 2012. These cooking schools provide an opportunity to bring people together in a fun environment to further our mission of teaching families about healthy meal planning and food preparation.

Results
- 42 video demonstrations were released in 2014.
- There were 18,690 unique visitors to the Dinner Tonight! website.
- These unique visitors were from over 50 different countries/territories.
- There are 1,930 people following Dinner Tonight! on Facebook.
- Twenty-six Dinner Tonight Healthy Cooking Schools were conducted in 2014, reaching over 2,079 people.
- Evaluation data was collected from 1,720 individuals, resulting in a response rate of 83%. The evaluations indicate the events were highly successful in impacting family nutrition. Some of the event outcomes noted at the conclusion of the event include:
  - 66% indicated that they would always or almost always plan meals in advance as compared to 32% prior to the event.
  - 89% ranked their knowledge of how the foods you eat impact your health as good or excellent.
  - 62% increased their knowledge of how to modify recipes to reduce calories.
60% increased their knowledge of how to modify recipes to reduce sodium.

60% increased their knowledge of how to modify recipes to reduce fat.

**Participant Comments**

- “The most important thing that I learned today is how healthy does not mean bad tasting or difficult.”
- “I learned how to make foods healthy by adding less salt.”
- “The Dinner Tonight program was entertaining; all of the ladies were pleasant and interesting.”

Overall, 94% indicated that they were mostly or completely satisfied with the event, and 65% reported this as their first exposure to an AgriLife Extension educational program.

**Future Plans**

*Dinner Tonight!* will continue to evolve through the development of partnerships with healthcare systems and community partners interested in improving family nutrition. In 2015, the *Dinner Tonight!* webpage will be transforming to a blog format, and participants will receive weekly emails with recipes and health-related content. Also, a program coordinator will be hired to help with cooking schools around Texas and develop content for the website.