



COOK SMART

EAT SMART

Come learn basic cooking techniques and other topics related to preparing meals at home, including:

Roasting	Marinades
Packet Cooking	Baking
Unit Pricing	Steaming
Food Safety	Crock Pot
Nutrition Label	Appetizers

When:

**Saturday, April 9, 2016
9:00 a.m. – 4:00 p.m.**

Where:

**County Office Building
304 South Morgan Street**

Cost:

\$15.00



Contact Jennifer Grable, Family & Consumer Sciences (FCS) Extension
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