



**MONTANA**  
STATE UNIVERSITY

**EXTENSION**

**Workshop Fee \$15**

Pre-registration required  
Minimum of 5 participants are required

Discover new pressure canned recipes to create ready to eat meals for your pantry

# Meal in a Jar Canning Workshop

**April 27, 2017**  
**First Christian Church**  
**1201 Main St**  
**Fort Benton**  
**5:30 pm**

## Topics:

- Pressure canning basics and equipment
- Hands-on experience canning meat and vegetable mixtures
- Recommended research-based recipes and resources
- Safe Food Handling
- Take home recipes and 2 jars of canned ready to eat meals



Pulled Pork in a Jar



Beef Stew in a Jar

**Pre-registration is required**  
**on or before April 25th**  
**Chouteau County MSU Extension**  
**622-3036**

----- ✂ Please return form below -----

### Meal in a Jar Registration Form

*(Mail registration and \$15 payment to Chouteau County Extension,  
PO Box 459, 1308 Franklin St, Fort Benton MT 59422)*

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone number \_\_\_\_\_