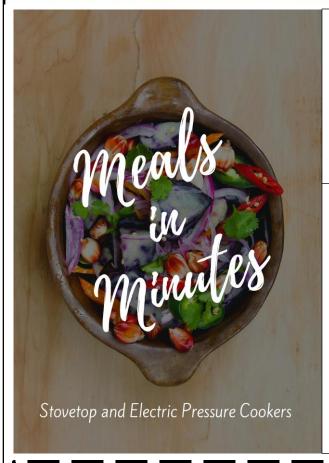
MSU EXTENSION UPCOMING WORKSHOP "Meals in Minutes"

with Electric and Stovetop Pressure Cookers



Workshop Details:

April 24 Shelby St. Luke's Hall

April 25 Havre Havre Middle School April 26 Fort Benton Fort Benton High School

> All workshops will be 6 - 8pm Fee: Individual \$20, Two Person Team \$30

Join us for an interactive and hands-on workshop learning how to prepare family meals in minutes using electric and stovetop pressure cookers.

Topics to be covered include:

- Pressure cooker shopping tips
- Knife Skills
- Stovetop & electric pressure cookers
- No fear pressure cooking
- Food preparation pointers
- Food demonstrations
- Recipe booklets and samples
- Food safety

WORKSHOP REGISTRATION

Registration Deadline April 18

Fees: Individual \$20, Two Person Team \$30

(Mail registration and payment to your local Extension Office)

Address ______
Phone number _____ Email _____

Extension Offices Contact Info

Toole County Extension 226 1st Street Shelby 59474 406-424-8350

Hill County Extension 315 4th Street Havre 59501 406-265-5481

Chouteau County Extension PO Box 459 Fort Benton 59442 406-622-3036

Make checks payable to your local Extension Office

