

UtahStateUniversity
COOPERATIVE EXTENSION

“Eat & Educate” Workshop Series 2010

Cache County Administration Building, 179 North Main
Street, Logan, Suite 109

Time: 11:00am – 1:00 pm

Cost: \$2.00 (\$1.00 if you pay 24 hours prior to the class)

For Reservations or questions call: (435) 752-6263



Thursday, January 14, 2010 Slashing Costs and Expenses

Did the holidays break the bank and your budget? Are you finding there is too much month at the end of the money? We'll share a bazillion ideas to help you cut costs and expenses in all areas of your home and life. A light lunch will be served.

Thursday, February 11, 2010 Food Storage Cooking School: Rice & Oatmeal

Do you wonder how to incorporate more food storage items into your recipes? Come and learn how to use rice and oatmeal in your daily diet to save money, rotate your food storage, and add fiber to your diet! Several recipes will be demonstrated for you to sample.

Thursday, March 11, 2010 Emergency Preparedness: Financial Information Binders

What can we learn from recent floods, fires, and hurricane disasters? What do you need to know and have ready if you are forced to leave your home quickly during a disaster or medical emergency? Learn how to put together a financial information binder for all of your important papers. A light lunch will be served. (Pre-made binders will be available to purchase for \$12.)

Thursday, April 8, 2010 Food Storage Cooking School: Wheat

The “queens of wheat berries” are at it again! Our wheat berry recipes for casseroles, sauces, and salads can't be beat! We'll also show you how to make light and fluffy whole wheat rolls. Dig those buckets of wheat out of your basement! You will need and want them after this class! Don't wait for an emergency to start using this important food storage staple.

Thursday, May 13, 2010 Freezer Mixes and Meals

Take the guesswork out of cooking by making these freezer meals and mixes ahead of time. This time-saving craze has become very popular for busy households. Make an entire month's worth of meals in one day? Many people swear by this system and would never go back to cooking every night. This class could take a load off your busy schedule! Freezer-ready meals and mixes will be demonstrated and sampled.

Wednesday, June 23, 2010 Food Storage Cooking School: Dry Milk

This class will help you put the fun back into using dry milk. Really! We've invented oodles of yummy recipes using dry milk. Your family will never know the difference—and you'll be saving money while you rotate your food storage. Tasting is believing! Come and taste what dry milk can do when used in creative dishes.

For more information, contact Adrie Roberts at 752-6263

Out of respect for the hearing impaired, no children please.

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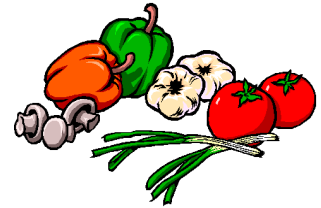
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Thursday, July 8, 2010 Food Preservation Update

This class is repeated each summer for those interested in learning how to preserve their harvest in a safe and approved way. We'll also answer all of your food preservation questions. Recipes will be demonstrated using fresh produce from the garden and home preserved products.

No Eat and Educate in August. See you at the Cache County Fair!

Thursday, September 9, 2010 Food Storage Cooking School: Dry Beans

You will never believe all the great things you can make with dry beans! Our chocolate chip cookies and carrot cake made with bean puree are unbelievable! Dry beans are one of the “super foods” that help prevent several common diseases. Come and sample several tasty recipes that will help you painlessly add more beans to your diet.

Thursday, October 14, 2010 Cancelled

This class has been cancelled due to the unavailability of the Multipurpose Room. Join us in November at Holiday Happening III. We'll teach Crock Pot Cooking at that time.



Wednesday, November 10, 2010 Holiday Happening III

We're at it again with several workshops to get you ready for the holidays. These classes are still in the planning stages. Separate registration forms will be available in late August or early September. These classes fill up fast and seating will be limited. Prepay and register by Wednesday, November 3, 2010.

December—No Class. Enjoy the Holidays!

For more information, contact Adrie Roberts at 752-6263

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