



Slow Cooking, Fast Cooking

A two class series teaching the basics of slow cooker and electric pressure cooking. Includes meal planning tips, how to save money and time as well as sample recipes to try.



Presented by: Shannon Carter, Family and Consumer Sciences Educator and Sandy Bohl, Family and Consumer Sciences Trained Instructor

W H A T	Class 1	Class 2
	<u>Slow Cooking</u>	<u>Electric Pressure Cooking</u>
	Learn about... <ul style="list-style-type: none"> ◆ Types and selection of the cooker ◆ Nutrition and food safety ◆ Adapting recipes 	Learn about... <ul style="list-style-type: none"> ◆ Parts of the cooker ◆ Settings and what they mean ◆ Safety and Cleaning

W H E N	Class 1	Class 2
	Monday, March 16, 11 am—12 pm Fairfield County Agriculture Center Tuesday, March 17, 12 pm—1 pm Keller Market House	Monday, March 23, 11 am—12 pm Fairfield County Agriculture Center Tuesday, March 24, 12 pm—1 pm Keller Market House

W H E R E	Fairfield County Agriculture Center 831 College Avenue Lancaster, Ohio	Keller Market House 134 S. Columbus Street Lancaster, Ohio
	Please Register by March 11 at: go.osu.edu/slowcookingfastcooking For questions regarding the program please call: 740-653-5419	

