

Slow Cooker Classes

Presented by: Shannon Carter, Family and Consumer Sciences Educator
OSU Extension – Fairfield County



Come learn more about...

Slow Cooker Basics

Types, selection, care, food safety

Slow Cooker Budgeting

Meal planning, tips for saving money and time

Slow Cooker Nutrition

Reducing sodium, reducing fat/cholesterol,
increasing fiber, modifying a recipe

***And sample some recipes and take a few
recipe ideas home to try!***

Register to attend this 2-part series:

Wednesday Evening Series

January 31 and February 7

7:00-8:00 p.m.

All classes will be held at:

Fairfield County Agriculture Center

831 College Avenue

Lancaster, Ohio



**CLASSES
ARE
FREE!!**

**To register, call 740.652.7260 or
email Kelley Scott at scott.1863@osu.edu**



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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