

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)

Name _____

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



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