

# MSU EXTENSION UPCOMING WORKSHOP

## “Meals in Minutes”

*with Electric and Stovetop Pressure Cookers*



### Workshop Details:

June 18: Cut Bank - Prairie Peace Lutheran Church, 1 Alpine Ave.

June 19: Shelby - St. Luke's Hall, 222 2<sup>nd</sup> St. S.

*All workshops will be from 6 - 8 p.m.  
Fee: Individual \$20, Two Person Team \$30*

Join MSU Extension for an interactive workshop demonstrating how to prepare family meals in minutes using a modern appliance. Topics to be covered include:

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

### WORKSHOP REGISTRATION

*Registration Deadline – Wednesday, June 13*

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

*(Mail registration and payment to your local Extension Office)*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_ Email \_\_\_\_\_

### Extension Offices Contact Information:

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

Glacier County Extension      1210 East Main St., Cut Bank, MT 59427      406-873-2239

Make checks payable to your local Extension Office  
Classes will be limited to the first 16 participants who register before June 13 deadline