

Cooking Healthy Meals Under Pressure Program Coming To You

**Were you one of the lucky ones that received an electric pressure cooker for a gift? Or do you have one, but are afraid to use it? Or you have one, but it's still in the box? If so the Meadowlark Extension District is conducting a program to help you learn how to use this multi-cooking device to help prepare healthy meals in a hurry.**

**All programs will be held from 5:30-7:30 p.m. Registration is limited and all participants must register in order to receive food samples and handouts. In this program we will be talking about why pressure cooking, how it works and these programs will feature some hands-on cooking and we will sample different foods that participants will be making.**

**Workshops will be conducted in the following locations: Seneca—at the Nemaha County Building, located at 1500 Community Drive; Holton—Kansas NE Heritage Complex Building, located at 122200 214th Road and Oskaloosa—Oskaloosa City Hall Public Meeting Room, located at 212 West Washington Street.**

**If you own an electric pressure cooker, please bring it along. There is no charge for this program, but registration is a MUST and numbers will be limited. To register, contact the location you would like to attend--- Seneca Office—785-336-2184; Oskaloosa Office—785-863-2212; or Holton Office—785-364-4125.**

**This program is being sponsored by the Meadowlark Extension District, with Cindy Williams and Nancy Nelson presenting the programs. Any questions, please contact Cindy Williams—785-863-2212 or Nancy Nelson—785-364-4125.**