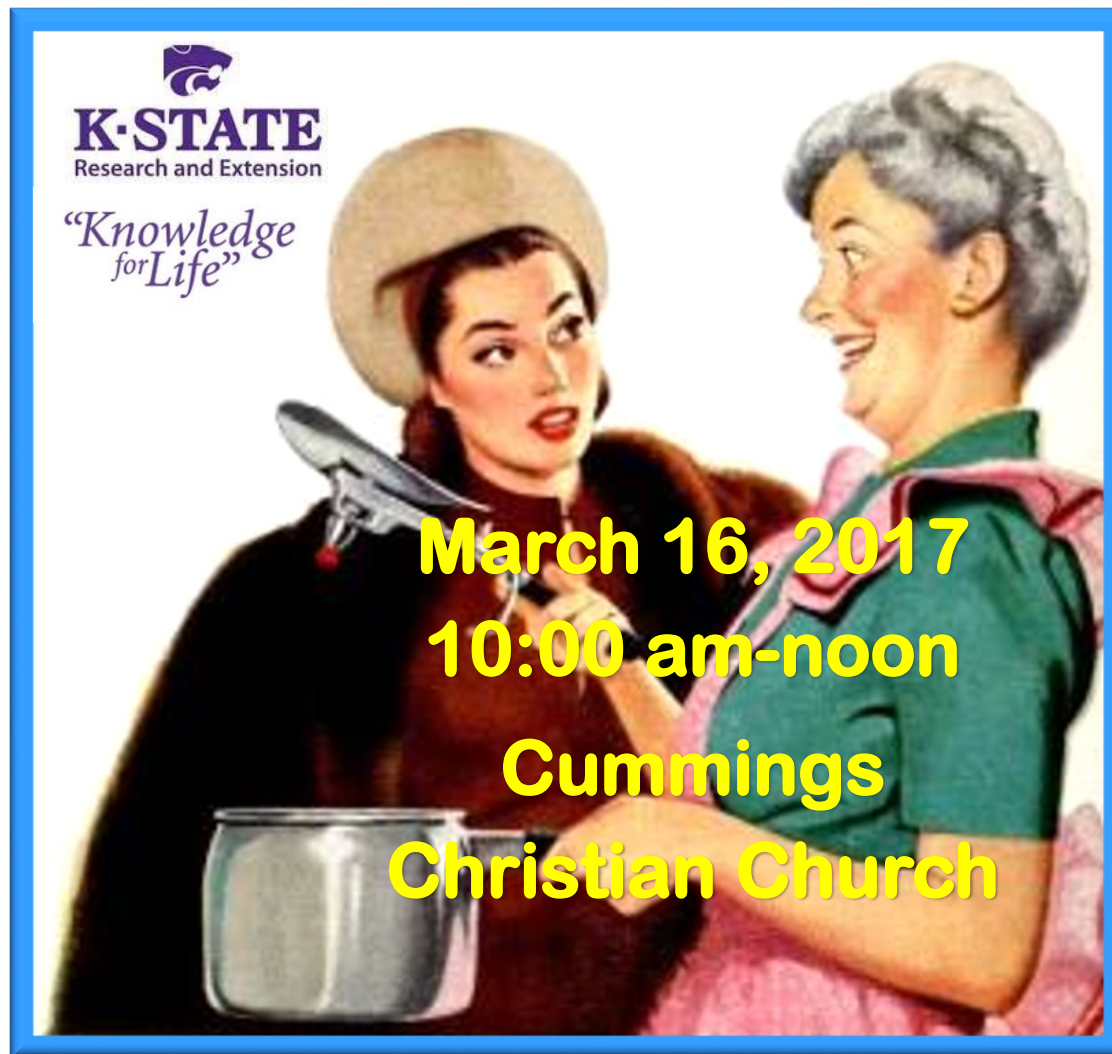


THIS IS NOT YOUR MAMA'S PRESSURE COOKER WORKSHOP



Persons unable to attend this workshop should contact Diane Nielson, Atchison CEA to schedule a workshop for your organization or for information. K-State Research & Extension is an equal opportunity educational provider.

Call them electric pressure cookers or instant pots, this 2017 modern appliance promises to prepare family meals in minutes.

- Shopping tips
- Instant pots vs electric pressure cookers
- No fear pressure cooking
- Food preparation pointers
- Food demonstrations
- Recipe samples
- Foods to avoid & safety

\$5.00 fee to cover demonstration expenses. RSVP to K-State Research and Extension-Atchison County Extension Office PH: 913-833-5450 or E-mail: atchisoncoext@ksu.edu by noon March 15 to reserve you seat. Atchison County FCE Council is an event co-sponsor and invites you to join them for a potluck lunch and programs on women's and personal safety after lunch.