

Slow Cooker Basics

Class will cover...

Budgeting
Nutrition
Safety

fcs.osu.edu

Healthy People

We will discuss...

- Reducing sodium, fat & cholesterol
- Increasing fiber
- Modifying a recipe
- Types, Selection & Care
- Food Safety
- Meal planning
- Tips for saving money & time

FOOD DEMO AND TASTING

Please **REGISTER** at **OSU Extension Morrow County**
419-947-1070
for this **FREE** class offered at two locations.

Mount Gilead Public Library

41 E High St, Mt. Gilead, OH 43338

on

January 18, 2017

Program begins at 5:30 p.m.

Selover Public Library

31 OH-95, Chesterville, OH 43317

on

January 25, 2017

Program begins at 6 p.m.



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY
THE COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES