

# Eat and Educate Workshop Series 2012

Cache County Administration Building  
Multipurpose Room, Suite 109  
179 North Main, Logan

Time 11:00 a.m. – 1:00 p.m.

Cost: \$3.00 (\$2.00 if you pay 24 hours prior to the class)

For reservations or questions phone: (435) 752-6263.

Please register for only two classes at a time. It can't be earlier than two months prior to that class. For example, January, 2012 class registrations will not be accepted until November, 2011.



**Thursday, January 12, 2012**

## **Building Strong Families: Kids and Self-Esteem**

By helping our children and grandchildren develop a healthy self-esteem and a positive self-concept, we can make a real difference in how they view themselves and how successful they are in life. This workshop will focus on teaching you ways to help your children and grandchildren avoid failure and achieve success. The Utah Commission on Marriage will co-sponsor this event. A light lunch will be served.

**February through September, 2012**

## **Food Storage Cooking School and Family Emergency Preparedness**

Each month we will teach you how to use a food storage item in your daily diet and discuss an emergency preparedness topic. In just eight months, you'll learn almost everything you need to know to not only rotate your food storage in a tasty way, but also be prepared for a disaster.

### **Dates and Topics for Food Storage Cooking School and Family Emergency Preparedness:**

Thursday, February 9, 2012                      Cooking with Whole Wheat Berries and Wheat Flour

Creating a Family Emergency Plan

Thursday, March 15, 2012                      Cooking with Dry Milk

Deciding to Stay or to Evacuate

Thursday, April 12, 2012                      Cooking with Rice and Oatmeal

Utility Shut-off and Safety

Thursday, May 10, 2012                      Cooking with Dry Beans

Grab and Go Boxes (72 Hour Kits)

Friday, June 1, 2012                      Homemade Bread and Rolls

Emergency Cash Stash

Thursday, July 12, 2012                      Food Preservation Basics

Water Storage



August, 2012 – no Eat and Educate

See you at the Cache County Fair! (Don't forget to register for the October sewing class!)

Thursday, September 6, 2012

Other Food Storage Ingredients

Financial Information Binders

**Friday, October 12, 2012**

**Holiday Sewing/Decorating Project: To Be Announced**

Join us to sew a fun and easy holiday project that you can make yourself. We're also exploring the possibility of having a decorating project too! Details of the project(s) and the supplies you will need will be available in early August, 2012.

**Thursday, November 8, 2012**

**Holiday Happening V Daytime**

**AND**

**Tuesday, November 14, 2012**

**Holiday Happening V Nighttime**

Separate registration forms will be available in late August or early September for this annual day of holiday workshops and demonstrations. These classes not only help you get organized for the upcoming holidays, they will also give you oodles of ideas for gifts, decorating, and spending less. These classes fill up fast and seating will be limited. Make sure we have your email address so we can get the registration to you as quickly as it becomes available.



**December – No Eat and Educate class. Enjoy the Holidays! See you in January, 2013!**

*Please Note: Eat and Educate is usually on Thursday mornings.*

*However, in June and October, 2012, Eat and Educate will be held on Fridays.*

Out of respect for the hearing impaired, classroom space, and others attending the workshop,

no children and/or babies will be permitted.

**For more information, contact Adrie Roberts at 752-6263.**



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