



2009 "Food For Thought" Workshop Series

Utah County Administration Building, 100 E. Center St., L700, Provo

Time: Thursdays, 11:30am – 1:00pm; a light lunch will be served

Cost: \$5.00 (\$3.00 if you pay 24 hours prior to the class)

For Reservations or questions call: (801) 851-8479

April 16, 2009 Teaching Kids about Money

What are your children learning from you about money? Come and learn creative and fun ways to teach your children the basics about money. A light lunch will be served.

May 21, 2009 Food Storage Cooking School: Using your Beans

You won't believe all the delicious things you can make using dried beans! Beans are a delicious source of protein, and there are so many easy and economical bean recipes which allow us to eat healthy, save money, and still get the nutrients we need. Come experience the many delicious ways you can easily add more beans to your diet!

June 11, 2009 Canning 101

This popular class will teach you the basics of home preservation using canning. If you are new to canning, this class is a MUST! We will discuss ways to safely can as well as the equipment needed. We will teach you why canning is a great way to eat better and save money! Come enjoy a light lunch from home-canned foods!

July 16, 2009 Food Storage Cooking School: Dried Milk

This fun class will show you many ways you can use dried milk in your every-day cooking. Your family will never know the difference—and you'll be saving money while you rotate your food storage. Tasting is believing! Come and experience what dry milk can do when used in creative dishes.

Upcoming Classes:

August 20, 2009 Back to School – Preparing Quick Meals

September 17, 2009 Using Your Wheat – Learn the Art of Bread-making

For more information & additional classes, go to <http://extension.usu.edu/utah>



Registration Form – Food for Thought 2009

Name _____ Phone: _____

Address: _____ City _____ Zip Code _____

Email Address: _____

I plan to attend (check all that apply): April May June July

Please indicate if you require any special assistance to attend the workshops: _____

Would you like to receive updates and information via email? YES!! No, please do not contact me

Detach this form and enclose a check or money order for the correct amount payable to: Utah County Extension.

Mail or bring to: USU Extension – Utah County, 100 E. Center St. L600, Provo, Utah, 84606

Office Use Only: Date Received _____ via mail in person

Form of Payment: Cash Check # _____ Credit Amount Paid: \$ _____ Date Paid: _____