

COOKING

FOR ONE OR TWO

**TUESDAY, AUGUST 11
6:00 PM
SOUTHWIND EXTENSION
1006 N. STATE ST., IOLA**



Join us to learn easy and practical ways to prepare meals for one or two people at home! You will also learn how to:

- Be confident in modifying recipes,
- Repurpose or reuse leftovers,
- Reduce the amount of time spent cooking,
- Follow food safety guidelines,
- And shop to reduce food waste and save money.

Questions? Contact Sandy Haggard: 620-365-2242 or sjhaggard@ksu.edu

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