





Virginia
Cooperative
Extension



Cooking with Instapots

- ◆ Is your new pressure cooker/Instapot still in the box?
 - ◆ Do you want to learn how the new pressure cookers can change the way you make dinner?
 - ◆ Make plans to attend the upcoming InstaPot/Pressure Cooker demonstration in Chilhowie. This will be a fun and hands-on class. Participants will prepare and cook multiple recipes. Once the cooking is complete, attendees will get to taste test the results for lunch!
- Where: Class will be taught by your local Food Safety Extension Agent , Sandy Stoneman, at the old Chilhowie High School; see the address below
 - When: Saturday, March 24, 2018 from 9:00am-1:00pm
 - Registration is limited and **pre-registration is required**. To register call, 276-223-6040, or email, sandyst@vt.edu, by March 22, 2018
 - Cost is \$15.00 per attendee (Please bring cash or check the day of the class)
 - Unable to attend this class? Stay up to date on future food events available in your community at www.swvafoodsafety.org or by following “[swvafoodsafety](https://www.facebook.com/swvafoodsafety)”  

Old Chilhowie High School Kitchen
Chilhowie St.
Chilhowie, VA

These classes are proudly sponsored by the Smyth County Farm Bureau Women’s Committee

Sandy Stoneman, REHS, CP-FS
Food Safety Extension Agent
SWVA Food Safety - Serving Bland, Carroll, Grayson, Smyth,
Washington, and Wythe Counties



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