



Cooking with Instapots

- ◆ Is your new electric pressure cooker/Instapot still in the box?
- ◆ Do you want to learn how the new electric 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 using local Smyth County grown meats and produce. Once the cooking is complete, attendees will get to taste test the results!

- 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: Tuesday, July 31, 2018 from 5:00pm-9:00pm
- Registration is limited and **pre-registration is required**. To purchase your ticket visit Farm Bureau in Marion (354 S. Main St., Marion, VA 24354) or call 276-783-6148 by July 27, 2018
- Cost is \$5.00 per attendee
- 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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