

### ***Cooking for 1 or 2 Matters!***

by Diane Burnett, K-State Research and Extension, Marais des Cygnes District Family & Consumer Sciences Agent and District Director

This program is for those who would like to learn several ways to easily prepare healthy menus and meals for one or two people. If you would like to know why it is better to prepare your own food rather than depend on packaged processed food or eating out all the time, plan to come to this month's Knowledge @ Noon program to be held on **Wed., September 20th from Noon - 1 p.m.** at the Marais des Cygnes Extension District office in Paola at 104 S. Brayman Street.

This class will be taught by Franny Eastwood, Family & Consumer Sciences Agent and the Master Food Volunteers. They will share some food demonstrations and everyone will have the opportunity sample some of the recipes that will be included on the program.

A fee of \$3.00 will be collected to cover food costs and supplies. There's no need to make a reservation - just come and bring a friend with you to enjoy this month's program. Please call 913-294-4306 with questions or if you need further information. The program is sponsored by Diane Burnett, Family & Consumer Sciences Agent, Marais des Cygnes Extension District.