



# Family Mealtimes Made Easy!

Wednesday, May 29, 6 p.m. @ Pratt Area 4-H Center

Family mealtimes are when everyone at home sits down and enjoys a meal together. This can be breakfast, lunch or dinner.

Family mealtimes have shown to benefit relationships, nutrition, portion sizes, family stability, cooking skills, social skills, and saves money.

But creating these mealtimes are not always easy. This workshop will give you some ideas and tools for creating easy homemade meals.

**Lesson will focus on  
Pressure Cooking  
Safety and Tips!**

**Registration:**

Contact the Pratt County  
Extension Office at 620-672-6121.  
Please register by May 24.

Cost for the workshop is \$10 for  
materials and food samples.

**Recipes to be sampled include:**

Mississippi Pot Roast  
One Pot Spaghetti  
Cheesecake  
Cheesy Jalapeno Bread  
Boiled Eggs



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