

"COME TO THE TABLE"

Basic Kitchen and Cooking Helps
...A Workshop Event

presented by...

Chino Valley Community Church Women's Ministries

June 29th 8:45-1:30

Cost: \$10

Workshop Offerings:

"From Jobs to Joy"

Planning and preparing meals can be a joyful experience. With a little practice, the "job" of meal preparation can actually become a joy.

"The Benefits of Basic Cooking"

A "hands on" experience that will demonstrate food preparation. Learn ways you can cook once and eat three times. Discover ways to make your food less "ho-hum" and more "wow"!

"Menu Mania"

"It's 5pm, what should I make for dinner?" Get some practical ideas that help you embrace the freedom that menu planning provides. Create a shopping list and get your family on the same page.

"Ka-Ching... Being a Smart Shopper"

A basic approach to slashing your grocery bill. Get ideas and tips for saving money each time you shop as well as ways to avoid common ad gimmicks designed to encourage you to spend more.

"What You Need in Your Kitchen Arsenal"

Ads, magazines and cooking shows tout the latest gadgets and gizmos you "just gotta have". We'll tour your kitchen and present ideas for essential cooking tools. The right tool makes a big difference.

"Healthy Options for Roadrunners"

"But, you just don't know my life..." This workshop focuses on economical ideas for the family that seems to be always on the go.