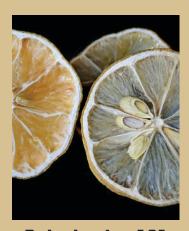
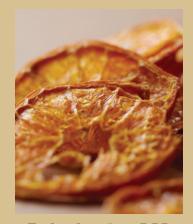
PURDUE EXTENSION CLASSES OFFERED

AS PART OF THE BLUFFTON PARKS DEPARTMENT SENIOR SNIPPETS PROGRAM



Dehydrating 101 Session 1 of 2



Dehydrating 101 Session 2 of 2



Cooking With An Air Fryer

April 15, 2024 2:00 PM Washington Park Pavilion

Objectives:

- Basic methods and techniques for dehydration
- Choosing healthy foods to dehydrate
- Learn to safely preserve food through dehydration
- Hands-on demonstrations of the process

April 22, 2024 2:00 PM Washington Park Pavilion

Objectives:

- Learn effective storage methods for long-term preservation.
- Explore how dehydrated foods enhance a healthy diet
- Sample healthy dehydrated snacks

May 6, 2024 2:00 PM Washington Park Pavilion

Objectives:

- Basics of air frying and different air fryer models
- Cooking / Food safety tips
- Air fryer safety tips
- Recipes
- Demonstration and samples

All three workshops are free!

Contact the Bluffton Parks Department to sign up: 260-824-6069



Extension - Health and Human Sciences