



COOPERATIVE EXTENSION SERVICE  
NEW MEXICO STATE UNIVERSITY

COLLEGE OF AGRICULTURE AND HOME ECONOMICS

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**FOR IMMEDIATE RELEASE**  
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A cooking school featuring “Fast and Fabulous” recipes will be held during the NM Ag Expo in the McAlister Room of the Jake Lopez Building on the Roosevelt County Fairgrounds. The cooking school will be presented by Connie Moyers, Roosevelt County Extension Home Economist at 10:30 on Wednesday February 23. The recipes and time saving techniques for food preparation featured

Who doesn't want to feed their family in a hurry, yet provide good homemade meals at the same time? The recipes and time saving techniques will help any member of the family prepare “Fast and Fabulous” meals in almost no time at all. Eating at home saves money, controls the ingredients in the recipe and provides time for the whole family to enjoy a meal together. Shared dinner time helps us to eat more nutritious meals, gives us time to discuss the day's events and upcoming events and involves everyone in cooking and clean-up. All of these are important to families. Come to this cooking school for demonstration, recipes and sampling.

If you have further questions, please contact Connie Moyers or Sherri at 356-4417. Individuals with disabilities who require an auxiliary aid, serve or assistance in order to participate in this educational activity are encouraged to contact us to determine how reasonable accommodations may be made. Educational programs of the New Mexico Cooperative Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin.