



# Cooking for Two or Just for You

Wednesday November 28th

1:00-2:30 PM

Cherokee County K-State Research  
and Extension Office

124 W. Country Road  
Columbus, Kansas

Struggle with finding healthy foods to cook without having excessive leftovers? Tired of eating the same things everyday?

Join us for Cooking for Two or Just for You to learn how to reduce time in the kitchen, eat healthier, and cook appropriate quantities on a budget!

**K-STATE**  
Research and Extension

Cherokee County