



PRESSURE COOKING

a FREE online class

101

Ever wanted to learn how to use a pressure cooker to cook your meals faster, cheaper, and with less energy?

Crystal from www.everydayfoodstorage.NET and author of “*I Can’t Believe It’s Food Storage*” will be teaching a two week online class on her blog (listed above) on this exact subject! There will be how-to videos, great recipes, and a handout at the end of the class sharing ideas on how to safely use pressure cookers and how to adapt your own recipes to work in your pressure cooker.

For more information, visit www.everydayfoodstorage.NET

Class begins Monday, April 26th! Hope to see you there!



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