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Eating Well Made Easy

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A Food Preparation Manual

Eating Well Made Easy



Ellen Serfustini

Introduction

A few years ago, research was completed in Utah to identify the needs of the participants in the EFNEP program. This food preparation manual was written with these needs in mind. It teaches basic skills and food preparation techniques valuable to every homemaker. The recipes are favorites from the program and focus on low cost and ease of preparation. This manual is designed to be used as a companion with the "Eating Well Made Easy" food preparation videos produced through Utah State University Extension.

Acknowledgments

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