

# Extension Conducts Program

**WILKES-BARRE** (Luzerne Co.) — Penn State Cooperative Extension Luzerne County is sponsoring a workshop "Change of Plate" alternate methods of selecting and preparing red meats and poultry for a "healthier you" will be held on Monday, June 26, at 7:30 p.m. at the extension office meeting room, Courthouse Annex, 5 Water St., Wilkes-Barre.

Josephine Kotch, Family Living Agent will demonstrate alternative cooking methods for red meats and poultry, such as barbecuing and stir-frying with a variety of marinades and tasty sauces using less salt and fat.

The participants will have an opportunity to sample food prepared.

Registration fee of \$2.00 is due no later than June 20th at the Luzerne County Cooperative Extension Office, Courthouse Annex, 5 Water St., Wilkes-Barre, PA 18701.

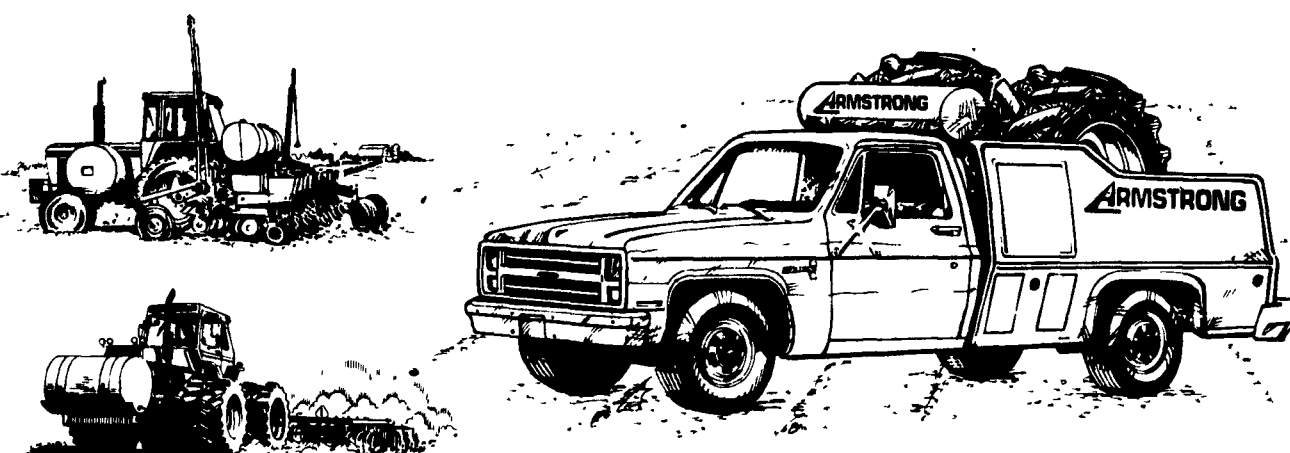
For more information on preparing healthful food, contact Josephine Kotch, Extension Agent, Family Living/Adult at 825-1701 or 459-0736 ext. 701.



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