

## CCE at the Altamont Fair

The following is a list of demonstrations for the week:

Tuesday, August 12th - "Healthy Meals in a Flash" – 2:00 pm and 6:00 pm

Wednesday, August 13th - "Mexican Fare" – 2:00 pm and 6:00 pm

Thursday, August 14th - "Potatoes – the Healthy Staple" – 2:00 pm and 6:00 pm

Friday, August 15th - "Local Foods Friday" – 2:00 pm and 5:00 pm

Saturday, August 16th - "Chili Cook-Off" – 4:00 pm

Sunday, August 17th - "Cooking With Kids" – 2:00 pm and 6:00 pm

*There's lots to see at the Altamont Fair, so come and join us!!!!!!!*



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