What's Cooking? Seafood

Confused by conflicting information about the health and safety of seafood? You're not alone. In this workshop, you will learn about:

- The health benefits of eating seafood
- Seafood-borne illnesses and other risks
- Selecting seafood
- Buying, handling and storing seafood
- Tips for cooking seafood
- Sample seafood dishes and get the recipes

Two dates and locations:

DeFuniak Springs	Grayton Beach
Tuesday, February 16	**Thursday, February 18**
6:00-8:00 pm	6:00-8:00 pm
732 N. 9th Street	70 Logan Lane

Registration is required, call 850-892-8172.

Contacts: Kendra Zamojski hughson@ufl.edu -OR- Brooke Saari bsaari@ufl.edu

Cost: $15.00 person, includes a light dinner

Make checks payable to: Walton County Advisory Committee

Mail to: Walton County Extension Office, 732 N. 9th Street, DeFuniak Springs, FL 32433

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