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**
Tuesday, February 16
6:00-8:00 pm
732 N. 9th Street

**Grayton Beach**
Thursday, February 18
6:00-8:00 pm
70 Logan Lane

Registration is required, call 850-892-8172.

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