

Upcoming Homemaker Lesson

for *February*:

# Fish Cookery

Monday, January 30

at 10:30 a.m.

**Instructor: Teran Ransom**  
**Hardin County Extension Agent for**  
**Family & Consumer Sciences**



Everyone knows that fish is good for you. The fats in fish, especially fatty fish like salmon, tuna, and mackerel, are thought to help prevent heart disease and can even aid in preventing diseases like Alzheimer's and strokes. But it seems that many people are afraid of cooking fish at home. Buying, storing, and cooking fish isn't difficult; it just requires a little knowledge. This program will go over tips and suggestions on how to start incorporating more fish

**Class is open to everyone!!**



Class will be held at the  
*Hardin County Extension Office*  
201 Peterson Drive  
Elizabethtown, Kentucky  
☎270-765-4121