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**For immediate release**  
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**Educational programs focus on family independence**

COBLESKILL --With the economy continuing to struggle and many families looking for greater independence, Cornell Cooperative Extension Schoharie County has announced several educational programs that may help. Programs will be held at the Extension Center, 173 South Grand Street in Cobleskill. For information, call 234-4303 or 296-8310.

**“Need Help with the Groceries? Eat Healthy, Eat Well in Trying Economic Times”** is scheduled for Saturday, May 2, at a free open house from 10 a.m. until noon at the Extension Center. The program will answer questions such as how to cook nutritious family meals for less money and how to save time in food preparation while providing satisfying meals. Suggestions on how families can rethink their food budget for tough times will also be addressed. Recipes and recipes samples will be available while they last. Door prizes of “meals-in-a-bag” will be drawn. Young families are especially invited and child activities will be provided.

**“Vegetable & Herb Gardening in Containers”** is offered on Tuesday, May 12 and **“So You Started a Vegetable Garden—Now What?”** will follow on Tuesday, May 19. The programs will cover selection of vegetable and herb varieties, tools, plant culture, and tips on maintenance and care for growing bountiful harvests. Individuals should call for information and registration. A participation fee is charged, but individuals can pay at the door.

On Thursday, June 25 from 6:30 to 8:30 p.m., a **“Food Preservation Workshop for Pressure Canning and Boiling Water Canning,”** will be offered. Since seating space is limited, individuals are encouraged to register early. There is a \$10 registration fee.

The mission of Cornell Cooperative Extension Schoharie County is to help county residents improve their lives through partnerships and networks that put experience and research knowledge to work. Individuals having special needs should call early. Cornell Cooperative Extension Schoharie County provides equal program and employment opportunities.

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