

Managing Home & Family

BEGINNING SEWING FOR YOUTH & ADULTS:

Includes threading and bobbin winding, basic stitch patterns, sewing techniques and practice sewing on a machine. Project—apron materials are provided. Bring your sewing machine, bobbin, scissors; all other materials provided.

CLEAN HOUSE IN MINUTES: This class focuses on setting up time saving routines that will streamline your cleaning activities.

CLUTTER FREE LIVING: Learn principles of O organization that can be applied throughout your home in a systematic way that eliminates clutter, saves space and minimizes cleaning.

DRESS BETTER FOR LESS: Learn to determine your most flattering styles and colors, make 12 clothing choices that will give you 102 combinations

HOME-MADE LAUNDRY PRODUCTS: Come make your own stain remover, laundry detergent, color-safe bleach

IT'S ABOUT TIME: This class focuses on scheduling for success at any energy level and finding personal time to keep your "cup full".

MANAGING HOLIDAY HASSLE: Come learn some easy tricks to minimize the "Martha Stewart Mentality" during the holidays. This time saving—stress relieving class you make your holiday beautiful and more enjoyable with less work and more time for fun.

MONEY MATTERS: Learn to meet your financial goals through planning, budgeting and accountability.

PARING DOWN PAPER: Learn time tested tricks that will help you organize your way to paper control.

RAISING RESPONSIBLE CHILDREN: Learn the tools to help children become confident, productive, successful individuals.

READY, SET, GO TO SCHOOL: Whether your child is home schooled or attends a public or private institution, knowing how to be your child's best advocate at school, manage the homework scene and keeping communications open is the key to success.

SPRING CLEANING PRODUCTS: Essential oils are a great tool to use when doing your spring cleaning. Learn how to mix and use them for all of your cleaning and sanitizing.

Eat Better for Less

EAT BETTER FOR LESS: How to plan, shop for and prepare meals in record time and cut your budget 50%.

GROCERY STORE IN YOUR HOME: How to build your food reserves while you decrease your grocery budget; how to do it without couponing or complicated inventory systems.

WASTE NOT, WANT NOT: How to recycle and repurpose food and build reserves for future use while you eliminate growing science projects in your refrigerator

MEAL TIME MAGIC: Avoid the daily meal stress mania and reduce your time in the kitchen to one hour a day or less and do all your meal preparations (breakfast, lunch, dinner, desserts and snacks) for a week in 2 hours or less. Come learn the system and the way to fit your needs.

Creating Family Adventures

ADVENTURES AT HOME: Because families are very busy, it is easy to let outside demands supersede family time. Establishing family traditions, family nights and neighborhood activities develops family cohesiveness and helps avoid a lot of pitfalls in today's world. This is an idea filled class.

BACKYARD ADVENTURES: Whether you run a daycare center, day camps or others just think you do, this class is for you. Learn how to set-up a backyard day camp or adventure day based on a theme with lots of active and quiet time activities.

BOISE'S BEST ADVENTURES: There are adventures galore—here in Boise and just beyond. Find out what's here, how to get there—what adventures are in store—and how to play it safe.

BOREDOM BUSTERS: "I'M BORED!!!" Is this what you hear during school breaks? Are you ready to tear your hair out before their over. Learn to keep your children active and looking forward to each day—and guess what? Very little cost and preparation.

PARK HOPPING: Some of the best adventures are found with a little creativity at your local parks. Learn how to utilize all the parks in your area and their various amenities and the tricks you need to know to make park hopping and picnicking an all day adventure.

PREPARE FOR FAMILY FUN: Would you do more with your family if preparation and clean-up didn't resemble a second job. This class will show you how to prepare once for every adventure and be ready to hit the fun in 30 minutes or less.

QUICK & EASY CAMPING: Camping does not have to be an ordeal. We'll show you how—with a little planning, a little organization, a map and a location-- you're "out of here". What about clean-up—that can be a snap too.

WINTER FUN ON THE RUN: Family activities, get-togethers and holiday traditions can take you over the river and through the woods. No matter what the reason for your winter travel, let us show you how to make it fun and frugal. You'll learn how to help everyone keep their bodies warm, tummies full, and having a blast.

VACATIONS FOR LESS: Does it look like you are moving when you leave on a vacation? Would you like to have more room for people and take less room for stuff? This class will show you how to pack for efficiency, maximize your storage space, save money eating on the road and still have everything you need to meet your vacation needs



*Just Choose a Class,
Set the Date, Call your friends, &
Let us help you advertise*



Hostess Class Catalogue

Classes designed to help you

- systemize your duties
- decrease the amount of money needed for your living expenses
- increase the amount of money and time available to build family memories.

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Cooking with Basics

BEANS: Can be used in a variety of ways—as a flour, a paste or whole. Learn how to cook them, use them, store them and extend their shelf life.

COOKING FROM A CAN: Can be purchased at your local grocer to make a variety of delicious meals, snacks, and side dishes will be demonstrated. This is a great class for increasing your “meals in minutes” repertoire.

DAIRY: Make every commercial dairy product in less than five minute and for 40 to 100% less with powdered milk without sacrificing taste and quality.

DEHYDRATING FOODS: Learn how dehydrate: fruits, veggies, dairy products, meats and beans. Get great recipes and tricks that make reconstituting and using these products in all of your cooking

GRAINS: Decrease the time and money it takes to provide whole grains for your family. Classes available: basic bread, Artisan bread, quick breads from mixes, bagels, crackers, tortillas and cereal.

INSTANT MEALS ON THE GO: Make your own instant meals—just add water and they are ready in 5 minutes. Less money than commercial, more variety and can be made from items you have at home. Breakfast, lunch, dinner, desserts and snacks will be demonstrated-- and you get to try them all.

MEAT SUBSTITUTES: Whether you are a vegetarian or meat lover, learn to make delicious beef, pork, chicken and seafood dishes from gluten and gluten free grains and beans for pennies a Serving.

QUICK & CHEAP TREATS: Get ready early for the holidays. This class will show you how to make no cook candy, cake mixes and quick treats from items you have on hand. Cut the cost and the time it takes to get ready for holiday festivities by attending this class.

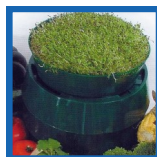
SOUP: Is economical, nutritious, delicious, and drastically reduces your grocery bill. Learn to make a variety of soup mixes that feed an army for pennies a serving.

SOURDOUGH: Learn to make and care for a mild or strong sourdough start and how to use it to create delectable baked goods including cakes, cookies, pancakes, waffles, breads and rolls.

SPROUTING: Add mega-nutrition to your diet for pennies a serving by learning to store, grow and use sprouts in soups, breads, salads and desserts.

SUBSTITUTIONS: Save a trip to the store! When you are out of an ingredient, improvise! Substitute cornstarch for eggs in all your baking and make marshmallow cream, chocolate chips, salad dressings, sauces, and condiments from what you have on hand quickly, easily and for half the cost of their commercial counterpart!

TOMATO POWDER: Make every commercial tomato product for half the cost in the time it takes to boil water and save lots of space in your pantry.



Alternative Cooking

ALTERNATIVE COOKING METHODS: Explore new cooking methods that you can use when you do not have your normal cooking conditions. You will learn how to choose stoves that use a variety of fuel sources (butane, propane, alcohol, bio-fuels, solar and thermal). Learn the advantages and disadvantages of each and which stoves give you the most cooking options.

BAKING FROM A BARBEQUE: Everyone knows how to barbeque—but have you ever baked a cake, bread, cookies, rolls or biscuits? A barbeque can be used to bake, grill or use as a cook top for frying or for making soups, stews and roasts. This is a fun and yummy class—dinner will be served.

CARDBOARD BOX OVENS: Will cook anything that can be cooked in a conventional oven in the same amount of time. They are inexpensive, efficient and practical. Step by step instructions for making a cardboard box oven. How to regulate the temperature, determine the baking time and handle the heat source will be covered. Baking class is also available.

COOKING FROM YOUR CAR: How to prepare camping, vacationing and in route meals from the convenience of your car with appliances that can be plugged into your car's 12 volt power source. A variety of menus and cooking methods will be demonstrated, along with a check list of basic food items and equipment for a quick and hassle free getaway. Come hungry—breakfast, lunch and dinner options will be served.

DUTCH OVEN: Learn how to use a Dutch oven as your primary source of cooking either on wood coals or charcoal. Using a Dutch oven as a griddle, roasting pan, frying pan and oven will be demonstrated. How to care for and clean your oven will also be covered. Come hungry—dinner will be served.

PAN COZY: Are made from bubble wrapped foil and act as a thermal cooker and heat preserver. They can be made to fit any size pan and can be used camping, backpacking, traveling or in the home to reduce fuel usage and minimize overseeing food while cooking. Make one in class.

SOLAR: Solar cooking can be a great resource for reducing your utility bill, providing a full meal with little preparation; and get you out of the hot kitchen in the summer. You will learn how to use a solar oven and the advantages of solar cooking. A complete dinner will be served

THERMAL: An ice chest, a solar blanket, and some shredded newspaper is all you need to make a homemade slow cooker. With 5 -15 minutes of time and cooking fuel your meal is ready to go. Just put it in the cooker in the morning and it is done in time for dinner. This is a taste pleasing class you won't want to miss—a complete dinner will be served.

TIN CAN STOVE: Is a stove top cooker made from a number 10 can with a buddy burner fuel source. Tin can stoves and ovens will be made in class. All materials for making both the stove and the oven are provided. Cooking class is also available.



Emergency Living

COMMUNICATION: Learn how to communicate in emergencies using a variety of equipment, methods, procedures, laws and licensing requirements. Different services both non-radio and radio will be covered.

EMERGENCY HEAT, LIGHT & SHELTER: If your electricity or natural gas services were interrupted for an extended period of time, what alternative power sources would you need, especially during the winter months? You have a number of options and a variety of these will be presented

EMERGENCY LAUNDRY: Have you ever washed an entire load of laundry by hand? How you get out stains and really dirty clothes clean? How can you minimize the amount of water used? What supplies do you need? You will even get your hands wet and learn the whole process by actually doing it.

EMERGENCY POWER SYSTEMS: This series of classes will provide you with the knowledge, methods, procedures, and tools to mitigate the problems that will come from power outages.

FOOD PREPARATION: You typically use a lot more water to prepare meals than you would think. In this class we will prepare, eat and do the dishes for a complete meal using only 3 quarts of water. This class that will show you what supplies you need, what procedure you need to follow and how to maximize sanitation during the process.

GET OUT OF DODGE FAST: Whether you need to evacuate, heading out for a day's adventure or making a road trip, you can be ready to go in less time than it takes to gather your family. This class address: what to have in your "go bags" (is a 72 hour kit enough?), how to handle food and sanitation on the road and what you need to minimize stress and boredom.

HOME HEALTH: Classes to help you manage your health and wellness all year long with essential oils and home remedies. Classes available: weight loss, first aid, burn treatment, sleep enhancement, over-the-counter medications, stress relief.

SANITATION: More deaths arise from lack of sanitation after a disaster than are caused by the disaster itself. How do you handle human waste, garbage and hygiene when normal services are not available? .

SICKROOM SANITATION: Learn how to set up a sick room, eliminated germs and viruses, and reduce the spread of diseases using items you have around your house.

WATER CONSERVATION & STORAGE: How much water do you really need to survive during a disaster or loss of services? How do you purify the water that is available and how reliable is that source. Learn a variety of purification methods and how and how much water to store.

CLASS FORMATS

Survey = Lecture-demonstration classes that give you a board overview of the topic. Handouts provided. FEE: \$10/class

Sample = Lecture-demonstration classes. Tasting table provided. FEE: \$20/class

Make & Take = You learn the specifics about a particular topic, make a product to take home and sample other uses for the topic presented. FEE: \$20/class