



### **Slow Cooker Survival Kit**



*Crockpot = \$15-20*



*Cutting Board \$1-5*



*Chef's Knife \$1-25*



*Measuring Cup  
\$1-5*



*Measuring Spoons  
\$1-5*



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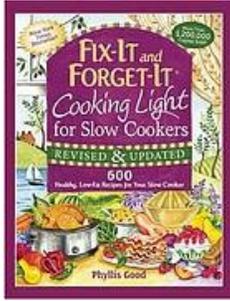


*Measuring Cup  
\$1-5*

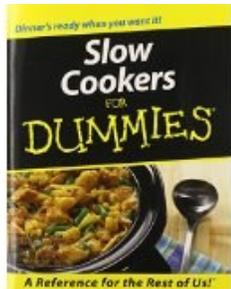


*Measuring Spoons  
\$1-5*

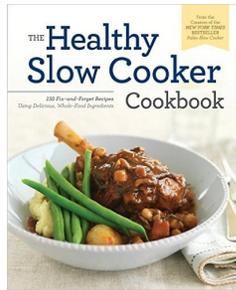
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Author Phyllis Goode offers simple ingredients and simple preparation, no hard to find ingredients here!



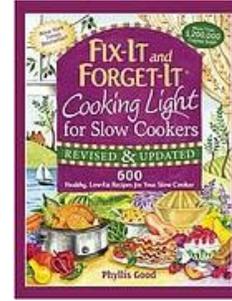
Learn how to convert your favorite recipes to a slow cooker. Great recipes for freezing!



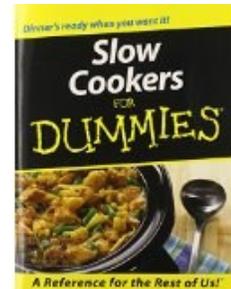
Offers healthy recipes for short grocery list and those short on time!

Sarena C Glenn RD, LDN, MS, Campus Dietitian

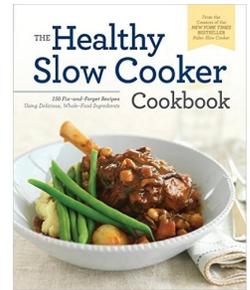
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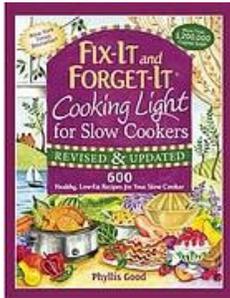
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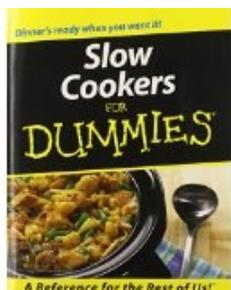
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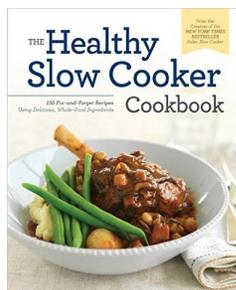
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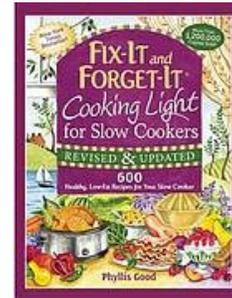
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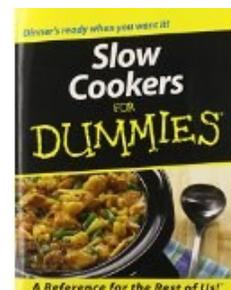
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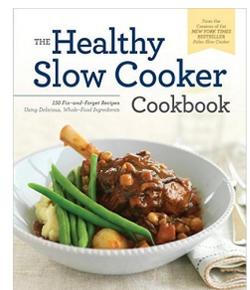
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