



# Dehydrating “You Can Do It!”

with Pamela!

Come  
Learn!

Simple  
Tips!

Share  
Ideas!



**51512 Morson Street** (near 3<sup>rd</sup>)

at The Grange Hall • La Pine, OR 97739

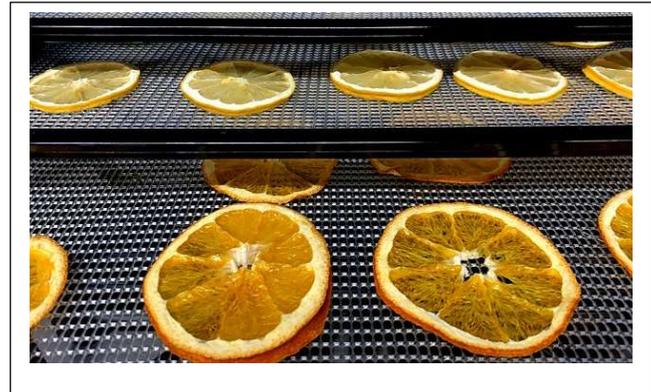
**SATURDAY February 7<sup>th</sup>, 2026 10:00AM**

## Interesting Facts on Dehydrating:

- **Technique:** Uses a combination of low heat, low humidity, and air circulation to evaporate moisture.
- **Benefits:** Reduces food weight and volume, making it ideal for storage, hiking, and backpacking.
- **Nutrition:** Retains most nutrients, including vitamins, minerals, and enzymes.

*All are welcome!*

- Bring a note pad and pen and your questions!
- Ask a friend to come with you!



### For more information:

EMAIL: [Events@LaPineGrange.org](mailto:Events@LaPineGrange.org)

Website: [www.LaPineGrange.org](http://www.LaPineGrange.org)

**\*Check our website regularly to see what special projects are coming and SIGN UP!**



nextdoor