

Make-Ahead-Meals

Learn how to plan ahead and make easy, healthy meals that fit into your busy schedule

Prepare 5 main dishes to take home and freeze

Receive a recipe booklet and kitchen item

Thursdays, May 10 or May 24
(pick the evening that works best for you)

5:30 to 8:00 p.m.

University of Wyoming Extension
2011 Fairgrounds Rd.

\$50 registration fee
(includes all food and supplies)



Register soon as classes fill up quickly!
Registration fee due 1 week before classes begin

Classes taught by Karla Case, RD, LD
(307) 235-9400

kcase@natronacounty-wy.gov