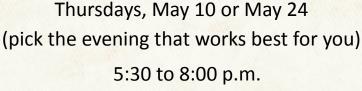
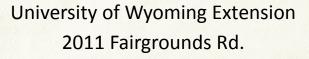
Make-Ahead-Meals

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





\$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

