

**FREE Program!
Door Prizes!**

UNIVERSITY OF
Nebraska
Lincoln **EXTENSION**

Lancaster County

444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180

<http://lancaster.unl.edu/food>

Cook It Quick, Healthy, Delicious ... and Cheap!

Thursday, Nov. 5, 7–8:30 p.m.
Plaza Conference Center
BryanLGH Medical Center East
1600 S. 48th Street; Lincoln, Nebraska

How would you like to:

- Spend less time cooking?
- Eat healthier?
- Enjoy great-tasting meals?
- Save money on food?

Learn how to make better tasting, healthier meals in less time and for about half the money of eating out or buying fast food! Plus, save when shopping at the supermarket. And ... enjoy more quality time with your family and friends around the kitchen or dining room table!

You'll receive a 47-page handout with:

- 53 tips for making food quick, healthy, delicious ... and cheap!
- LOTS of versatile recipes illustrating various tips.
- Many, many more ideas to use when making your own recipes.
- Helpful charts, including one highlighting spices and herbs highest in antioxidants!

Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will present the program. No cost to attend.



Register by calling BryanLGH at 481-8886.

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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