

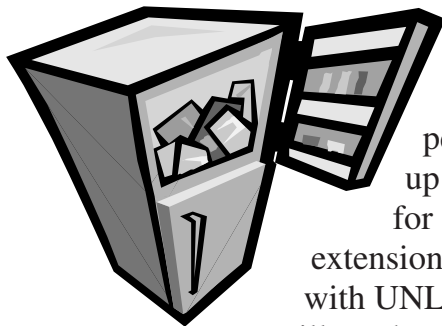


Know how. Know now.

Freezing Meals for Future Use

Thursday, Sept. 11, 7–8:30 p.m.

Plaza Conference Center,
BryanLGH Medical Center East,
1600 S. 48th Street, Lincoln



How would you like to come home and have most of your meal already prepared? Or, perhaps, you'd like to avoid staying up late or getting up early to fix food for a special event? Alice Henneman, extension educator and registered dietitian with UNL Extension in Lancaster County, will teach you how to freeze foods for future use. You'll receive an extensive booklet giving specific freezing directions for common foods. Plus, you'll receive several recipe ideas for make-ahead foods. No cost to attend.

Register by calling BryanLGH at 481-8886.



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.

University of Nebraska–Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

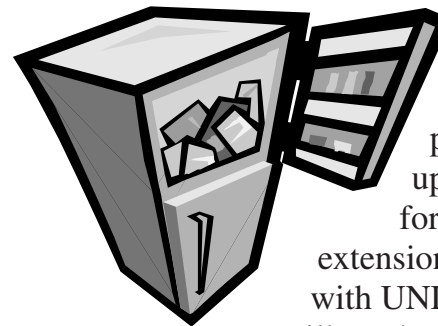


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