

From Your Freezer to Your Family



Sunday, February 8
2:00 to 3:30 p.m.



Preparing a healthy homemade meal each night can be stressful and time consuming. Join Andrea, your Hy-Vee dietitian, to prepare 5 slow cooker freezer meals that will each feed a family of 4. Cost is only \$60.00 per person.

Let's make mealtime healthy, quick, easy, affordable and enjoyable!

We will be preparing:

1. Apple Pork Tenderloin
2. Chicken Teriyaki
3. Chicken Cacciatore
4. Savory Chicken
5. Pepper Steak

We'll do the grocery shopping, provide the supplies for prep and even do the cleanup. To register for this class and to see what else is going on at your local Hy-Vee visit the Kirksville Hy-Vee calendar at www.hy-vee.com and click on the "From Your Freezer to Your Family" event. For more information or to register by phone call (660) 665-8335 and ask for Andrea.