

# Freezer Meal Workshop, West Ames Hy-Vee, 3800 Lincoln Way

Monday December 3 @ 6:00 pm



## What can you expect?

- Assemble 7 family sized entrees at individual stations.
- We make it easy and simple! All of your groceries will be purchased and ready to go. All ingredients will be washed, arranged and ready to use in advance of preparing the recipe. All you need to do is assemble and create easy freezer-ready meals. You pay only the cost of your groceries and a \$10 preparation fee; we do the rest!
- Clean up is taken care of – we will do dishes and take out the trash!

## How Does Simple Fix work?

- Register for the workshop on the events calendar <https://www.hy-vee.com/stores/calendar/calendar.aspx?m=12&y=2017&s=5&all=1> Please contact Jolene O’Gorman, RD, LD at 515-292-5580 or email [jogorman@hy-vee.com](mailto:jogorman@hy-vee.com) with any questions.
- Bring something to carry your meals back home, such as plastic tote, laundry basket or cooler on wheels. We will supply paper sacks for non-perishable ingredients.
- Prepare your recipes with your friends and have fun!
- Split the grocery bill evenly. We do have a \$10 preparation fee per person that is added to the grocery bill.
- Take home your delicious meals, put them in the freezer and ENJOY later!

## Menu for Monday December 3, 2018:

*Simplify meal planning with delicious recipes picked by the West Ames Dietitian!*

- Slow Cooker Vegetarian Chili Mac
- Pork Chops & Mushrooms
- French Dip Roast Beef with Cheese
- Garlic Shrimp
- Caramelized Onion Chicken
- Chicken Enchilada Soup
- Mexican Pot Roast Tacos

