

**ORDER FORM**

# Easy **FREEZER MEALS** Class



• **Wednesday, December 12<sup>th</sup>, at **Hy-Vee WEST****  
**Choose a time: 4:30-6:00 pm / 6:30-8:00 pm / (CIRCLE ONE)**

**What can you expect from us?**

- Set up – All your groceries will be shopped for and ready to go for you to assemble each meal that you choose (see box below); no limit on the meals you choose.
- Recipe and instructions & ingredients will be provided for assembling and for cooking.
- All ingredients will be washed, sautéed, etc. in advance for each recipe; some cutting and cooking may be expected on your part.
- Then assemble and dish up the meals into serving/freezer-ready containers or bags (provided).
- No Clean up 😊 – Leave the clean-up to us! Really!

**What do you need to do?**

- ❖ **Bring something to take your meals home in** – i.e. cooler on wheels, laundry basket, plastic tote, box, etc. Make sure you bring ice packs if you can't freeze right away.
- ❖ Assemble your meals at the meal-building stations as directed.
- ❖ Invite your friends to sign up! Plan to have FUN assembling your meals together!

**Please choose a minimum of THREE meals. Price listed is per meal. \*\***

**All meals serve 4 unless otherwise specified.**

- Italian Chicken Bruschetta (baked), serves 5-6 \_\_\_ @ \$17 = \_\_\_
- Winter White-bean Turkey Chili (slow cooker); plus fresh Hawaiian rolls Serves 4-6 \_\_\_ @ \$16 = \_\_\_
- Hearty Italian Beef (slow cooker) Serves 4 \_\_\_ @ \$17 = \_\_\_
- Mexican Pork Carnitas (slow cooker) with tortillas; Serves 4-6 \_\_\_ @ \$17 = \_\_\_
- Asian Beef & Broccoli with Quinoa (slow cooker); serves 4 \_\_\_ @ \$17 = \_\_\_

- ❖ Gluten Free or other meal modifications by special request: Additional \$5 per meal.
- ❖ For the meals that are naturally gluten free, there is no extra charge.

**Method of payment: Circle one**

**Check\_\_ CC\_\_ Cash\_\_** (All 5 meals = \$84<sup>00</sup>) **Total: \$\_\_\_\_\_**

**\*\*Please pay at customer service\*\***

**Name:\_\_\_\_\_ Are you bringing a helper? Name: \_\_\_\_\_**

**Phone:\_\_\_\_\_ EMAIL\_\_\_\_\_**

**\*\* Payment due at time of registration \*\***

**Registration deadline: Sunday- December 9<sup>th</sup> for Hy-Vee West Class (no Hy-Vee East Class this month)**  
**SPACE LIMITED – Register Early.**

**Questions about recipes? Ask Joan [1461dietitian1@hy-vee.com](mailto:1461dietitian1@hy-vee.com); 402-371-7071 or 402-379-1706**