

Save Time and Money with

Make Ahead Meals

Join us at the “F” Street Community Center to make healthy, low cost meals.



Who: Open to general population, registration limited to 10 families. Targeting low income individuals and families.

What: Make Casseroles to take home and freeze for later.

When: Thursday evenings 6:00 – 8:00 pm, January 21, February 18, March 18.

Where: “F” Street Community Center, 1225 F Street

Cost: \$15.00 per family per class for all materials

Why: To learn how to prepare meals in advance that can be frozen and eaten later and to save money!

How: Call or visit Mickie at 441-7952 at F street to sign up a and pay. Please do this by the Monday prior to the program.

Children are welcome to participate with parents, must be in 3rd grade or older.

January:

Tex Mex Roll Ups
Easy Cottage Bake
Chicken & Biscuits
Creamy Potato Mix in a Jar

February:

Tuna Twister Melt
Stuffing Balls
Turkey Burgers
Pasta Soup in a Jar



March:

Ham & Cheese Casserole
Easy Frittata
Turkey Tortilla Casserole
Friendship Soup

