

# Now Serving:



# Freezer Meals

**IOWA STATE UNIVERSITY**  
Extension and Outreach

This program is a joint venture between The Hunger Coalition and Cedar County Extension. If you would like more information about other programs and efforts being done by both entities please contact:

Dionne Daedlow—Family and Youth Educator  
at 563-886-6157 or email at  
Daedlow@iastate.edu

*Any fees for service will be used to off-set direct expenses and to support the Families County Extension Program.*

## IOWA STATE UNIVERSITY

Extension and Outreach

### ... and justice for all

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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**IOWA STATE UNIVERSITY**  
Extension and Outreach  
107 Cedar St  
Tipton, IA 52772

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Cedar County  
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First Class  
Postage

**Do you:**

- Have a busy schedule?
- Want to eat healthy but see yourself eating take out instead
- Want to walk into your home with dinner ready after a long day?

If you said yes to one or more of the above questions than this program is for you.

We will:

- Prepare 5-6 healthy Freezer Meals together.
- Teach you the basics of food safety
- Give you the recipes so you can duplicate them.
- Help lessen the stress of knowing what you will have for supper.
- Have lunch
- Learn about Veggies

**When and Where:**

Saturday February 18th, 2017 from 8-12 at The Methodist Church in Tipton.

**To Register:**

Send in Registration form by February 3rd with a registration fee of \$25.00. Space is limited so register asap. The rest of the cost will not be known until the morning of the program. We are estimating though the total cost to be around \$75. \$20 of your registration fee will go towards the total cost.

**Bring:**

Bring any cutting boards, cutlery, bowls, measuring cups and spoons, a cooler to take the meals home in and of course yourself!

**Cancellations:**

Registration Fee is non-refundable. If by chance you cannot come it is preferred that you find a replacement.

**Space is limited. Please return this form along with the \$25 registration fee to Dionne Daedlow at the Cedar County Extension Office at 107 Cedar St Tipton, IA 52772 on or before February 3rd. Make checks out to Cedar County Extension.**

Name \_\_\_\_\_ Family Size (please circle one) 2-4 or 5 or more

Child care needed \_\_\_\_\_ If yes please let us know how many and ages \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Because this form is larger than a standard postcard, it requires first class postage. To qualify as a self-mailer it would need to be printed on 80 lb. cover or heavier paper stock, or be mailed in an envelope.**