

Freezer Meal Prep Class

Thursday, November 5 | 5:30 pm

Prepare 2 family-sized freezer meals (8 servings in each meal) to take home and cook during the upcoming holidays. On the menu: Cilantro Lime Chicken and Steak Fajitas. Meals may be packaged into smaller portions to accommodate smaller households.

Cost: \$80 per person

Class size is limited. Please bring an apron.

Must be at least 16 years old to attend.

To register, call **217-214-5858**.

*Please contact our dietitian with any food allergens prior to signing up for class.