



Easy Meals to Easy Freeze

Did you know that preparing meals to freeze for later consumption is beneficial in multiple ways?



We all are sometimes indecisive on what to cook due to time constraints or limited food budget. Preparing foods to freeze for later consumption not only helps to save on cooking time, to decrease food expenses and food waste, but also to have proper nutrition because you know what kind of food you saved.



SAVE THE DATE

Please join us to learn how to make four delicious, easy to freeze meals below and make one of each to go.

- Vegetable Rice Sauté
- Chicken Broccoli Parmesan Casserole
- Beef Chili
- Classic Spinach Lasagna

Event to take place on July 11, 2024 from 10:00 am to 12:00 noon

Bedford County UT/TSU Extension Office
2105 Midland Rd, Shelbyville, TN 37160
(931) 684-5971

PARTICIPATION FEE \$35-MUST PRE-REGISTER BY MAILING OR DROPPING OFF THE FORM BELOW AND PAYMENT BY JULY 5TH.



For questions contact Whitney Danhof, Extension Agent, or Nelia Micho, Extension Intern, at 931 684 5971.

Name: _____

Address: _____

City/Zip _____

Phone: _____

E-mail _____

\$35.00 Check (made out to UT) or Cash

Mail or drop off to: UT/TSU Extension
2105 Midland Road Shelbyville, TN 37160