

NEWS RELEASE

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603 West Park Street, Sheldon, Iowa 51201
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Northwest Iowa Community College Offers Freezer Meals Class on July 10

Do you love to cook, but lack the time? Do you hate to cook, but still love to eat? Preparing meals in advance make weeknight cooking a breeze! In this class, each attendee will come and make 5 freezer meals to feed their families. Each meal will serve 4 to 6. This monthly menu will include: Cilantro Lime Chicken, Mini Italian Burgers, Maple Brown Sugar Pork Roast, Swiss Cheese Chicken and Tex Mex Casserole. All supplies for the meals will be furnished. Please bring your own large bags or basket to the class to take your prepared items home. Wear an apron if desired! This course will be on Monday, July 10 from 5:30-6:30 pm in the Sioux Center Hy-Vee Dining Room. Tuition: \$75. **Please register by July 5.**

To register, call Northwest Iowa Community College at 712-324-5061 or 800-352-4907 and ask for Continuing Education.