

# NEWS RELEASE

*May be published when received.*



**January 24, 2017**

603 West Park Street, Sheldon, Iowa 51201  
Phone 712-324-5061 or toll free 1-800-352-4907, Ext. 105

---

## Northwest Iowa Community College Life and Leisure Classes Starting Week of February 13

Want to learn a new hobby, improve your day-to-day life or experience a relaxing outing with friends? At Northwest Iowa Community College, we are striving to develop programming that is relevant, up-to-date, informative and FUN.

**Freezer Meals:** Instructor: Jessica Williams. 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: Freezer Crockpot Stew; Chicken with Honey, Lemon, Carrots & Potatoes; Chicken Fajitas; Cranberry Pork Roast and Beef Teriyaki. 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, February 13 from 5:30-7:30 pm in the Sioux Center Hy-Vee Dining room. Tuition: \$75

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