



# Healthy Meals for Busy Families

**Date: Oct. 19, 2022 6-8:30 p.m.**

**Location:** Jerome County Extension Office  
600 2nd Ave. W, Jerome, ID 83338

**Call:** 208-324-7578 or **Email:** gretchenm@uidaho.edu

**Cost: \$20 per person**  
Spots are limited

**Register and Pay by: Oct. 13, 2022**

Scan the QR code or use this link to register and pay: <https://otc.cdc.nicusa.com/Public2.aspx?portal=id&organization=Cassia%20County%20extension>

Come join us for a fun filled evening.

You will learn about:

- Freezer meals
- 15-20 minute meals
- Using your Slow Cooker/Electric Pressure Cooker
- Dinner will be served

Everyone will receive a swag bag.

Please bring a cooler.



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