

# Healthy Meals for Busy Families

**Date:** Sept. 21, 2022 6-8:30 p.m.

**Location:** Cassia County Extension Office  
1459 Overland Ave. Rm. 4, Burley, ID (208-878-9461)

**Cost:** \$20 per person

**Spots are limited pre-registration is required**

Scan the QR code or use this link to 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

