



MPP-101—Meal Planning and Prep 101

New Date!

If you are interested in improving or learning basic meal management skills, I want to invite you to a program I am offering on March 24, 2018 called Meal Planning and Prep 101 (MPP-101). This ½ day program will help you learn and apply basic meal planning strategies that are budget friendly and save time.

We'll begin the morning with an overview of what tools you need to get started. You will estimate a two-week food budget that fits your household and income, list "favorite foods", and create a menu plan for about a two-week cycle. I will share some tasty budget friendly recipes that are easy to make, as well.

When we've mastered the management piece, we'll move into the meal preparation portion of the program where you will work in a small group to prepare a main-course dish that you can take home to enjoy as part of the menu plan you created. You will prepare enough of the same dish so that everyone attending gets to take it home to put in the freezer for later use, as well. In the end, you will have learned how to plan meals for a 2-week cycle, recapped food safety techniques, prepared a main dish that is tasty, nutritious, and inexpensive and have a lot a fun in the process. I hope you can join me on March 24 for this informational and fun program – MPP-101! *See the back of this page for more detailed information!*



MPP-101—Meal Planning and Prep 101 Registration Form—Due March 12, 2018

Program Date: March 24 from 9a, - 1 pm

New Date!

Please fill out the information requested below and mail form and payment to:

Geary County Extension, P.O. Box 28, Junction City, KS 66441

Name _____ Phone Number _____

Address _____

Food Allergies _____

COST: \$40—Includes planning resources, lunch and 4 main entrées to take home.

\$55— Includes resources, lunch, 4 main entrées to take home **AND a 272 page cookbook!**

Payment Type—Please mark one:



CASH

CHECK

CREDIT CARD (\$3 fee to run credit/debit card)

Card type: MC VISA Discover Number _____

Expiration Date: ____/____ CVV Number (on back of card) ____

MPP-101—Meal Planning and Prep 101!

Registration Due March 12, 2018

Join us Saturday, March 24th from 9am-1pm!

You will receive:

Meal Planning Resources

Food safety information

Basic food prep experience

Plus

4 main entrées that are ready to freeze and include in your menu plan!

Class Location

Geary County 4-H/Senior

Citizens Building

1025 S. Spring Valley Rd

Junction City, KS 66441

Cost is \$40 per person.

For \$55 receive a 272 page cookbook titled 'Once-A-Month-Cooking, Family Favorites'.

Registration due March 12 by 5:00 p.m. at the Geary County Extension Office!