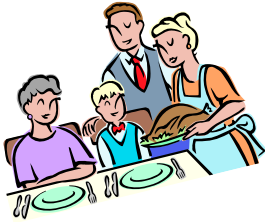


What's for Dinner?



The cost of not planning your everyday meals just wastes time, energy and money. There really is a place for you to learn how to cook a month's worth of meals in just 3 hours or less – and have fun doing it. Come join us for an evening of food preparation ideas that will provide quick, easy and healthy meals for your family. Amaze yourself and your family too!

Monday, February 2, 2009

7:00 pm – 8:30 pm

John Shields Elementary School
85 Main St, Sugar Grove

\$10 per person

For registration, please contact Christi Chrome at
630/365-5100 ext 120.

Brought to you by



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