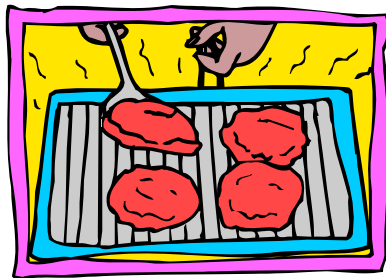




Cooking with Beef

Date: August 5, 2009
Time: 10:30 a.m. until noon
Where: UNL Douglas/Sarpy Extension
8015 W. Center Rd.
Cost: \$5 in advance

REGISTER & PAY BY JULY 31 SO WE CAN PREPARE ENOUGH TASTY SAMPLES!



Kaiti Roeder with the Nebraska Beef Council will discuss how beef is an important part of our everyday meals.



Your canceled check will be your receipt

2009 Cooking with Beef Class

NAME: _____
ADDRESS: _____
PHONE: _____

Please return this portion of the form and \$5 payment by July 31 to:
UNL Extension Douglas/Sarpy County
Attn: Cooking with Beef class
8015 W. Center Rd
Omaha, NE 68124

**make checks payable to UNL Extension*

Don't forget to check us out on-line:
nutritionknowhow.org



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.