



Recipe Makeovers

Date: September 11, 2009
Time: 10:00 a.m. until noon
Where: UNL Douglas/Sarpy Extension
8015 W. Center Rd.
Cost: \$15 in advance



REGISTER & PAY BY SEPTEMBER 8 SO WE CAN PREPARE ENOUGH TASTY SAMPLES!



Learn various methods to take your favorite foods and prepare them in healthy ways.

2009 Recipe Makeover Class

NAME: _____
ADDRESS: _____
PHONE: _____

Please return this portion of the form and payment by September 8 to:
UNL Extension Douglas/Sarpy County
Attn: Recipe Makeover Class
8015 W. Center Rd
Omaha, NE 68124

**make checks payable to UNL Extension*



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.