



# Soup Up Your Winter

**Date:**       **October 9, 2009**  
**Time:**       **10:00 a.m. until noon**  
**Where:**      **UNL Douglas/Sarpy Extension**  
                  **8015 W. Center Rd.**  
**Cost:**       **\$15 in advance**

*REGISTER & PAY BY OCTOBER 5 SO WE CAN PLAN FOR TASTY FOOD SAMPLES!*



**Learn all about food preparation and taste some interesting new dishes.**

---

## 2009 Soup Up Your Winter Class

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE: \_\_\_\_\_

Please return this portion of the form and payment by October 5 to:  
UNL Extension Douglas/Sarpy County  
Attn: Soup 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](http://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.