

Make plans to join us for



Holiday Happenings

When: Wednesday, November 14, 2018, 1:00 pm

Where: Penn Terrace Apartments

401 South Penn, Independence, KS

Program:

“Easy Meals For Two or Just For You”

Shared by Barbara Ames

Family and Consumer Science Agent, Wildcat Extension District

Sometimes cooking for one or two people can be difficult. It may seem like it's not worth the trouble. However, eating nutritious meals is one of the best things you can do for your health; and it doesn't have to mean hours in the kitchen preparing recipes.

Join us to learn how some prior planning, wise shopping, and a bit of creativity can help you get easy, tasty, and nutritious meals on the table in minutes.

Bring a friend and join us for fun, food and information:

- *Ideas for easy meals.
- *Easy recipes for holiday gatherings.
- *Samples of some of the recipes.
- *Ideas for holiday gift giving.
- *Door Prizes.

Sponsored by: K-State Research and Extension Wildcat District and Montgomery County Family and Community Education Units