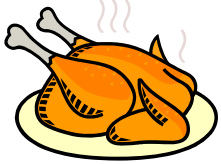


Wisconsin Nutrition Education Program Classes

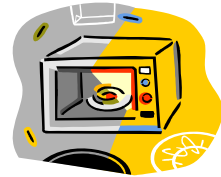


South Side Neighborhood Center
1300 South 6th Street
La Crosse, WI 54601
Call: (608) 789-8298 to Register

Guilt Free Holiday Eating

- How to modify "family favorite" recipes
- Create tasty hors d' oeuvres
- Survive the holiday feasting season

When: November 16, 2006 6:00-7:00 p.m.
November 30, 2006 10:00-11:00 a.m.



Microwave Meals in Minutes

- Explore microwave uses beyond popping popcorn, defrosting foods and re-heating leftovers
- Making quick and easy meals and snacks
- Safety tips, food sample and recipes

When: April 26, 2007 10:00 - 11:00 a.m.

Family Resources
1500 Green Bay Street
La Crosse, WI 54601
Call: (608) 784-8125 to Register (**Free Childcare!**)

Quick Meals for Busy Families

- Time savers in the kitchen
- Ingredient substitutions
- Freezer Meals
- Demonstration, sample and "quick meal" recipes



When: March 1, 2007 6:30 - 8:00 p.m.

Food Safety at Home

- How does food borne illness occur?
- Tips to avoid common food safety mistakes
- How long can foods be stored safely?
- Food sample demonstration

When: March 8, 2007 6:30 - 8:00 p.m.

