

GET MOVING

Grayson County

Lunch & Learn Class Schedule 2017

Attend 7 out of the 10 classes listed for a chance to win a \$25.00 gift card, PLUS an additional chance for the grand prize drawing after the program. Please call the Extension Office to register for each class so we will have enough food and materials prepared. 270-259-3492

All classes will be held at the Grayson County Extension Office on Wednesdays beginning March 1, at 12pm. All sessions will last no longer than 45 minutes, giving you plenty of time to get back to work! Samples will be provided, but you will need to bring your own lunch.

March 1– **Breakfast Made Easy**
Recipe – Strawberry Beet Smoothie

March 8– **Reading Labels**
Recipe – 10 Minute Bean Soup

March 15– **My Plate**
Recipe – Hawaiian Chicken Wraps

March 22– **Know Your Limits**
Recipe – Creamy Italian Herb Dressing

March 29– **Planning Meals**
Recipe – Italian Shrimp Pasta

April 5 – **Eating on a Budget**
Recipe – Cheesy Spinach and Rice

April 12 – **Food Safety**
Recipe – Hawaiian Turkey Sliders

April 19 – **Healthier Cooking**
Recipe – Sloppy Garden Joes

April 26 – **Better Beverage Choices**
Recipe – Melon Salsa

May 3 – **Good Health for Every Body**
Recipe – Colorful Quesadillas

