

Join Grayson County Extension Nutrition Educator Robin Burton to learn what foods freeze well/which foods don't, how to cook freezer meals, how to double batch cook, watch demonstrations, and sample new recipes.

# HOW TO: FREEZER MEALS

Wed, May 8 | Tues, May 14

Tues, May 21 | Tues, May 28

Offered at 10AM and 5PM each day  
at Grayson County Extension.



Registration is required  
by calling (270) 259-  
3492, emailing  
[grayson.ext@uky.edu](mailto:grayson.ext@uky.edu), or  
scanning the QR code.



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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.