

# PREP.FREEZE.COOK.

## Healthy Meal Prep Class

Hosted by Randolph County Farm Bureau and Sparta Community Hospital

**June 16th @ 6:00 p.m.**

**SCH Auxiliary Room Broadway Plaza**

Join RCFB and SCH at our meal prep night. All you need to bring is a laundry basket to carry your 10 meals home in and we will provide the rest.

**COST:**

**10 meals for a family of 2: \$90.90**

**10 meals for a family of 5: \$151.50**

**Meals:**

Pulled Pork Tacos  
Italian Chicken  
Lemon Chicken N Broccoli  
Green Chicken Chili  
Pork Ragout  
Stuffed Pepper Casserole  
Blue Cheese and Bacon Burger  
Breakfast Casserole  
Lime Chili Pork Roast  
Party Meatballs

**How to Order:**

Order by June 8th

If you order before June 1st,  
SCH will provide \$5 off  
discount.

Call the Farm Bureau office at  
618.443.4511 with a credit card  
purchase or stop by our office  
with cash or a check.

**Orders due June 8th.**

For questions contact RCFB at 618.443.4511.

Office hours: Monday - Friday 8:00 - 4:30

