

PREP.FREEZE.COOK.

Meal Prep Class

Hosted by Randolph County Farm Bureau and Sparta Community Hospital

July 18th @ 6:00 p.m.

Westminster Presbyterian Church

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:

Party Meatballs
Ranch Chicken Tacos
Breakfast Casserole
Cheddar Bacon BBQ Burgers
Philly Cheesesteak Sloppy Joes
Teriyaki Pork Chops
Cheesy Chicken and Potatoes
BBQ Pulled Pork
Honey Garlic Chicken
Enchiladas

How to Order:

Order by July 10th

If you order before June 30th,
SCH will provide \$5 off.
RCFB Members earn \$5 their order!

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 July 10th.

For questions contact RCFB at 618.443.4511.

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

