Tired of the question, “What are we having for dinner?” Start the new year with a new way of cooking! You may have heard of the concept of “Once A Month Cooking”, “Frozen Assets” or “Investment Cooking”. Maybe you’ve seen a show where people go to a store-front and make a series of meals to take home and put in the freezer. Would you like to learn how to do this for your family?

Learn how to:

• spend less time in the kitchen and more time with your family.
• plan ahead, spend less time in the supermarket,
• cut down on prep time, group similar kitchen tasks together to get them all done at once,
• make kitchen clean-up more manageable,
• use the freezer, computer, and our head to create a month full of delicious, nutritious meals

Instructor, Teri Fladstol, has used the system described for the past 13 years. She will share practical tips on how to turn the “words on a page” to meals in your freezer, how to use the “stuff” in your cupboards and how to shop with once a month cooking in mind.

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