

## Foods

Fall 2020

### Nutrient Dense Foods:

#### Grass-Fed Meat, Pastured Poultry, Eggs & Bone Broth

Learn the difference between grass-fed and grain-fed meat as well as the benefits of pastured poultry, eggs and pork. We also will look at bone broth and why we want to re-introduce this nutrient-dense food into our diet.

**Keyword: Nutrient**

Sept. 29	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel	BBBX-1251-BEFA	

### Fats & Oils

Learn why fats are essential to our health. Fats play a critical role in our mental well-being and are linked to weight loss. Learn about their importance as well as how to recognize counterfeits.

**Keyword: Fats**

Oct. 27	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel	BBBX-1252-BEFA	

### Air Fryer 101

Did you know that the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices and yummy recipes that you can make in your air fryer.



**Keyword: Fryer**

Oct. 20	T	6:45-8:45 p.m.	\$25
Beatrice, KEN, 334	Buethel	BBBX-2029-BEFA	
Oct. 24	S	9-11 a.m.	\$25
LIVE Online, Zoom	Buethel	LLLX-0547-TCFA	

### NEW! The Great Mystery Bake Off – Nailed It Edition

Recruit the sous chefs in your family, clear the counters and join us for a bake-off via Zoom. Only amateurs need apply, no professionals here. Your team can consist of your household members or you can compete by yourself.



Each team needs to have two round cake layers baked and cooled by the challenge. These should be made ahead of time. Bonus points if you don't use a mix, but hey, who'll know? We'll give you the challenge at the start of the event and you will use the cake layers to assemble it. We also suggest that you have ingredients for your favorite chocolate frosting on hand.

We are all about friendly competition and laughs. No big money winners here just bragging rights for next year. Our team of judges will be checking in with you throughout the competition, so make sure your laptop/computer/device is set up so they can see how you're progressing and chat while you work. Space is limited so don't be left out.

Registration deadline is Oct. 15.

**Keyword: Mystery**

Oct. 17	S	9-10 a.m.	\$10
LIVE Online, Zoom		LLLX-0464-TCFA	



### NEW! Sourdough Bread 101

Sourdough is a treasured part of many kitchens. Flour, water and a little bit of patience you will have your very own bubbly, active starter ready to make your incredible sourdough bread. Get tips, tricks and some tasty recipes.



**Keyword: Bread**

Oct. 5	M	6-7 p.m.	\$12
LIVE Online, Zoom	Kreikemeier	LLLX-0474-TCFA	

### NEW! Egg-cellent Eggs!

Did you know there are 100 different ways to make eggs? If you are tired of eating eggs cooked the same way over and over, this class is a must. Learn ten different ways to cook eggs. The best part is you will learn to do this in your own kitchen.



A supply list will be emailed one week prior to class.

**Keyword: Eggs**

Nov. 4	W	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Lott	AREA-4458-TCFA	

### Location Key

Beatrice, KEN ..... Southeast Community College, Beatrice Campus  
Kennedy Center, 4771 W. Scott Road



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

## Food Protection Manager Online Class

This class is accepted by the Lincoln Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

Students receive their assignments online through SCC's online learning platform. Upon completion of each reading assignment, students will complete an online quiz. A minimum grade of 80% is required on each quiz to qualify the student to take the final ServSafe exam.

The ServSafe exam is taken online in the SCC Testing Center in Beatrice or Lincoln or at the Learning Center at Hebron or Nebraska City.

Students need: computer with high-speed internet connection, working knowledge of computer and internet experience. Please note: You cannot access the course using an iPad or Android tablet. There is a six-hour waiting period between online registration for the class and class access.

You may register at any time for this class. After you register online, purchase the book "ServSafe Manager" at the SCC Campus Store, 8800 O St., Lincoln, or at [www.sccbookstore.com](http://www.sccbookstore.com). For registration and log-in information, go to <http://bit.ly/scfoodprotectionmanager>.

To register and pay, go to <http://bit.ly/RegisterCE>.

**Keyword: Protection** 

Online	FSDT-3000-WBSA	\$65
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## NEW! Fudgy Fun

A classic favorite, fudge is a simple delicacy that is enjoyed by all ages. Discover the art of making this simple treat in your own kitchen to satisfy your sweet tooth. Marble fudge, flavored fudge, and classic chocolate fudge will be ready to enjoy at the end of class.



Supply list will be emailed two weeks prior to class.

**Keyword: Fudgy**

Oct. 10	S	9-11 a.m.	\$29
LIVE Online, Zoom	Lott	AREA-4460-TCFA	



## Cinnamon Rolls & Crescent Rolls

Don't you just love the smell of fresh baked cinnamon rolls and flakey crescent rolls? Learn how to make those cinnamon rolls like grandma used to and fill your kitchen with the warm spicy smell. Use the same versatile dough to make delicious crescent rolls and master the art of sweet roll dough.



A supply list will be sent one week prior to class.

**Keyword: Rolls**

Dec. 12	S	9-11:30 a.m.	\$23
LIVE Online, Zoom	Brunkow	AREA-4502-TCFA	

## Scones

Whether it's breakfast, brunch or midday snack, scones are always welcome. We will make a variety of scones, both savory and sweet. While the scones are baking, as a class we will make a fruit topping and finish the class with a scone swap.



Supply list will be sent approximately one week prior to class.

**Keyword: Scones**

Oct. 20	T	6-8:30 p.m.	\$39
LIVE Online, Zoom	Harper	LLLX-2052-TCFA	

## Muffins

Muffins are great on their own and as part of a meal. You will have a choice of banana or blueberry muffins to make during the Zoom class however all recipes will be shared. While your muffins are baking, create a cinnamon compound butter to enjoy on your warm muffins. Zoom bake with us from your kitchen!



Supply list will be sent approximately one week prior to class.

**Keyword: Muffins**

Nov. 3	T	6-8:30 p.m.	\$39
LIVE Online, Zoom	Harper	LLLX-2052-TCFB	

## Coffeecake

Coffeecake is a beloved coffee house favorite. We will create a cinnamon coffeecake with your choice of a crunchy crumble or streusel topping.



Supply list will be sent approximately one week prior to class.

**Keyword: Coffeecake**

Nov. 17	T	6-8:30 p.m.	\$39
LIVE Online, Zoom	Harper	LLLX-2052-TCFC	

## Homemade Kolaches

Entice any guest in your home with the sweet smell of home-baked goods. Learn how to make the versatile dough that can be used to make kolaches from a local expert. You will have the opportunity to make several kolaches to take home. Recipes for homemade fillings will be included with the Sweet Roll Dough recipe. Space is limited.



Supply list will be emailed one week prior to class.

**Keyword: Kolaches**

Oct. 24	S	9-11:30 a.m.	\$39
LIVE Online, Zoom	Brunkow	AREA-4503-TCFA	

## Instant Pot Cooking Basics

The Instant Pot is the latest hot kitchen appliance. Whether you have one and are scared to use it or you are thinking about buying one, this class is for you. Learn about basic features of the instant pot and how recipes can be converted and adapted. See how easy it can be!



**Keyword: Instant**

Oct. 6	T	6-8 p.m.	\$24
LIVE Online, Zoom	Renz	AREA-4441-TCFA	

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)



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Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.



### Make Ahead: Freezer Meals, Tips & Tricks

Want to simplify your daily meal routine? Freezer meals are super handy whether you're looking for convenience, trying to eat healthy, or planning ahead. We will look at meal planning strategies, explore the various options of cooking ahead, how to safely freeze food and preserve quality, what freezes well and what doesn't, and how to store a month's worth of meals in your freezer.

A variety of freezer meal recipes will be provided along with additional resources.



Nov. 12 Th 6-8 p.m. **Keyword: Freezer** \$19  
LIVE Online, Zoom AREA-4420-TCFB

### Katie's Cooking Class: Knife Techniques

Expand your knowledge about different knives, their purpose, and how to keep them sharp. Katie, our culinary pro will help you discover how to safely chop and prepare different fruits and vegetables for easy consistent cooking.

Supply list sent approximately one week prior to class. Zoom with us from your kitchen.

**Keyword: Knife**

Oct. 14 W 6-8 p.m. \$39  
LIVE Online, Zoom Skinner LLLX-2046-TCFA



[www.ed2go.com/scrne](http://www.ed2go.com/scrne)

### BROWSE COURSES IN

- Accounting and Finance
- Language and Arts
- Business
- Law and Legal
- College Readiness
- Personal Development
- Computer Applications
- Teaching and Education
- Design and Composition
- Technology
- Health Care and Medical
- Writing and Publishing



<http://bit.ly/SCC-UGotClass>

### BROWSE CERTIFICATES & COURSES IN

- Business
- New Media Marketing
- Business Communication
- Personal Development
- Health
- Social Media for Business
- Human Resources
- Technology Skills
- Leadership
- Training and Education
- LEED Green Workplace
- Training for K12 Teachers
- Management



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## Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

**PLEASE PRINT**

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial	
Residence Mailing Address			City	State	Zip	County #	
Email Address			Cell Phone		<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident		Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

### SIGNATURE

Check  Cash  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp.Date \_\_\_\_\_ CC # \_\_\_\_\_

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?  
 Yes  No

SCC Staff Tuition Waiver	( )
<b>TOTAL DUE</b>	

<b>FOR OFFICE USE ONLY</b>	
ID#	_____
DE	_____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.



# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)  
Key Word Example: *Driver*  
Course Number Example: *TRAN-3398*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
7. Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.



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301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

\* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.