

Foods

Spring 2021

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

April 19	M	6:30-8 p.m.	\$24
Beatrice, AEC, 215	Weichel	BBBX-1251-BESA	

Cupcake Kids

Ages 6-12

Kids will learn the “fun”amentals of cake decorating and kitchen safety in this hands-on class. Learn how to frost and decorate cupcakes with seasonal themes.

Cost includes cupcakes, frosting and all supplies. Bring a rolling pin and an airtight container to take your finished cupcakes home.

Keyword: Cupcake

Stars & Stripes Cupcakes

June 25	F	9-11 a.m.	\$29
Beatrice, SWTS	York	BBBX-1081-BEUA	



Basic Art of Cookie Decorating

We will learn all the basics: how to prepare a cookie for decorating, how to color and create different icing consistencies, how to find and use cookie decorating tools and special techniques to give your cookies the professional look!

Students pick up cookie kits at Simply Home Sweet Home.

Keyword: Cookie

April 26	M	6:30-8:30 p.m.	\$71
LIVE Online, Zoom	Wolcott	AREA-4423-TCSA	
May 25	T	6:30-8:30 p.m.	\$71
LIVE Online, Zoom	Wolcott	AREA-4423-TCUA	
June 21	M	6:30-8:30 p.m.	\$71
LIVE Online, Zoom	Wolcott	AREA-4423-TCUB	



Sourdough Bread 101

Sourdough is a treasured part of many kitchens. With 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

May 11	T	6:30-7:30 p.m.	\$12
LIVE Online, Zoom	Kreikemeier	AREA-4378-TCSA	
May 13	Th	6:30-7:30 p.m.	\$12
LIVE Online, Zoom	Kreikemeier	BBBX-2032-TCSA	

Location Key

Beatrice, AEC..... Southeast Community College, Beatrice Campus, Academic Excellence Center, 4771 W. Scott Road
 Beatrice, SWTS.....Sifted Sweets, 108 S. Sixth St.



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 continuinged@southeast.edu

Check out all classes offered at www.southeast.edu/BeatriceCE

Find us on Facebook® at www.facebook.com/scbeatrice

Flowering Cupcakes

Learn the art of putting gorgeous designs on top of cupcakes. Basic borders, flowers and fondant skills will be taught. No experience necessary.

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



Keyword: Cupcakes

April 19	M	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCSB	
May 18	T	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCSC	
June 14	M	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCUA	

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. Recipes for homemade fillings will be included with the Sweet Roll Dough recipe.

Supply list will be emailed one week prior to class.



Keyword: Kolaches

May 8	S	9-11:30 a.m.	\$39
LIVE Online, Zoom	Brunkow	AREA-4503-TCSB	

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. 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-WBUA	\$65
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Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/sccceonlinecourses>.

For more information, contact us at 800-828-0072 or continuing@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



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/collegedatalog 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 ()

TOTAL DUE

FOR OFFICE USE ONLY

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.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
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.