

# Foods

Spring 2023

## NEW! Field Meals to Go

Get ready to hit the field or road with new family- and farmer-approved on-the-go recipes. We will prepare and sample a handheld entrée for on-the-go eating. Class includes recipes for handheld and sit-down field meals, menu planning, delivery, and preparation tips that will have you ready to go no matter the season.

*Face-to-Face Section Only:* There is an \$5 fee payable in class. Cash or check only for supplies.



**Keyword: Meals**

April 18	T	6-8 p.m.	\$19
LIVE Online, Zoom			
Falls City, FCLC, 102			
		AREA-4465-TCSFA	
		AREA-4465-FCSA	



## NEW! Let's Do Lunch: Understanding Nutrition Labels

Focus on a healthier you by learning more about the nutrition labels on foods.



**Keyword: Labels**

April 4	T	Noon-1 p.m.	\$10
LIVE Online, Zoom			
		AREA-6665-TCSFG	



## 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 4	T	6:30-9:30 p.m.	\$29
LIVE Online, Zoom	Wolcott	AREA-4588-TCSPB	
April 27	Th	6:30-9:30 p.m.	\$29
Falls City, FCLC, 102		AREA-4588-FCSA	

## Kid Food Hour

Ages 8-13

Hey kids! Join us to learn how to prepare tasty (and nutritious!) food. Each week is a new food hour. With adult supervision, learn to prepare food together.

**Keyword: Food**

### Baking Basics

June 13	T	10:30-11:30 a.m.	\$10
Falls City, FCLC, 102		AREA-6355-FCUA	

### Fun Snacks

June 20	T	10:30-11:30 a.m.	\$10
Falls City, FCLC, 102		AREA-6355-FCUB	

### Microwave Magic Meals

June 27	T	10:30-11:30 a.m.	\$10
Falls City, FCLC, 102		AREA-6355-FCUC	

## NEW! Eating Well on a Shoestring Budget

Want to learn to make your food budget stretch a bit farther without sacrificing taste and nutrition? Join us as we learn tips from a professional nutritionist who will provide helpful information and resources to feed your family better and for less cost.



**Keyword: Eating**

April 1	S	9-11 a.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCSHA	
April 11	T	6:30-8:30 p.m.	\$19
LIVE Online, Zoom	Baden	AREA-4466-TCSHB	

## Air Fryer 101

Did you know 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 tasty recipes you can make.



**Keyword: Fryer**

May 18	Th	6:30-8 p.m.	\$19
LIVE Online, Zoom	Carr	AREA-4396-TCSHA	

## Exam Prep – CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the CDM Credentialing Exam. Each course module begins with a pretest to help you identify your understanding of the content area. You will move through the course at your own pace, utilizing the interactive review materials, example calculations with tutorial videos, flashcards and reading materials to focus your study. Practice questions include rationale for answers and explanations for calculations. The course culminates with a simulated practice CDM exam.

**Contact Vicki Rethmeier at 402-437-2528 or [vrethmeier@southeast.edu](mailto:vrethmeier@southeast.edu) for registration details.** Cost \$99 per person.



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.

**Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues?** Contact your Learning Center to see if other options are available.

### Location Key

Falls City, FCLC..... Learning Center at Falls City, 3200 Bill Schock Blvd.

For more information, contact **Lisa Hunzeker** at 800-828-0072, ext. 3396, or [lhunzeker@southeast.edu](mailto:lhunzeker@southeast.edu)

Check out all classes offered at [southeast.edu/FallsCityLC](http://southeast.edu/FallsCityLC)  
Find us on Facebook at [facebook.com/SCCLearningCenteratFallsCity](https://facebook.com/SCCLearningCenteratFallsCity)



# REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering 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*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- 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**.
- 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**. **Print** this page 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.

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

## OR REGISTER BY MAIL, FAX OR IN PERSON



### 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 [southeast.edu/collegecatalog](http://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>	

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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex\*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [southeast.edu/diversity](http://southeast.edu/diversity) \* The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.