

Foods

Spring 2023

NEW! Anyone Can Grill!

Grab your spatulas and be ready to experiment with cooking various things on the grill. Sample roasted meats, snacks, sides, and dessert.

This is a hands-on demonstration. There is an \$20 fee payable in class. Cash or check only for supplies.

Keyword: Grill

May 8	M	6-8:30 p.m.	\$29
NE City, WPBB		Stavas	AREA-4518-NCSA

NEW! Pockets for Perfection: Raviolis, Pierogis & Asian Dumplings

Discover the endless possibilities of sweet or savory fillings in a variety of dough pockets. Add a complimenting sauce for a scrumptious treat!

There is an \$20 fee payable in class. Cash or check only for supplies.

Keyword: Pockets

April 3	M	6-8:30 p.m.	\$29
NE City, WPBB		Stavas	AREA-4519-NCSA



Navigating Food Allergies

Navigating food allergies can be challenging. Learn the art of label reading, providing healthy and healing meal and snack options all while advocating for your child to keep them safe and thriving. Learn hints and strategies from a 10-year "in the trenches" multiple food allergy mom.

Keyword: Food

May 20	S	10 a.m.-Noon	\$49
NE City, NCLC, 102	Bryant	AREA-4413-NCSA	

Location Key

NE City, NCLC..... Learning Center at Nebraska City, 1406 Central Ave.
NE City, WPBBWhispering Pines B&B, 2018 Sixth Ave.

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

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.



Keyword: Meals

April 18	T	6-8 p.m.	\$19
LIVE Online, Zoom		AREA-4465-TCSFA	

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	

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	

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	

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	



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

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.

Check out all classes offered at southeast.edu/NebraskaCityLC
Find us on Facebook at facebook.com/SCCLearningCenteratNebraskaCity