

Foods

Fall 2023



Soup is On!

There's nothing better than soup! Discover the basics of award-winning soups along with tricks and the extra touch that make it a "go to" meal.

There is a \$15 fee payable in class. Cash or check only for fee.

Keyword: Soup

Oct. 9	M	6-8 p.m.	\$19
York, YKLC, C101	Baber	AREA-4449-YKFA	

Charcuterie: What Did You Say?

Hands-on Demonstration Class

It's all the rage! The "char-cu-te-rie" board can be a starter course or a light meal for a casual gathering. Discuss foods that compliment each other and learn how to balance your board because it's not only what you eat, it's also what people see and how the components are arranged.

There is a \$15 fee is payable in class. Cash or check for fee.

Keyword: Charcuterie

Oct. 16	M	6-8 p.m.	\$29
York, YKLC, C101	Baber	AREA-4453-YKFA	

Healthy Eating for Less


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 for less.

Keyword: Eating

Oct. 3	T	6-8 p.m.	Baden	\$19
LIVE Online, Zoom			AREA-4466-TCFNA	
York, YKLC, D101			AREA-4466-YKFA	

Class is live-streamed from Hebron.



 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.

Make Ahead: Freezer Meals, Tips & Tricks

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. **Keyword: Freezer**

Oct. 23	M	6-8 p.m.	\$24
York, YKLC, C101	Baber	AREA-4420-YKFA	
Oct. 24	T	6-8 p.m.	\$24
LIVE Online, Zoom	Sommerhalder	AREA-4420-TCFFA	



Crazy about Meal Prep

Discover how to prepare meals so the contents are ready when you are. You will learn recipe planning to make shopping and preparation benefit more than one meal. You will go home with a week's worth of meal prep recipes and grocery lists, including a calorie count and nutrition information on each recipe.

There is a \$20 fee payable in class. Check or cash only for fee.

Keyword: Meal

Oct. 17	T	6:30-8:30 p.m.	\$45
LIVE Online, Zoom	Potter	AREA-4467-TCFPA	



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. **Keyword: Fryer**

Nov. 30	Th	6-7:30 p.m.	\$19
LIVE Online, Zoom	Carr	AREA-4396-TCFFA	



NEW! Let's Do Lunch: Smoker Buying Basics

The use of smokers to cook food has become increasingly popular. Join us to learn about the features to look for when making a smoker purchase. **Keyword: Smoker**

Nov. 16	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Ruhl	AREA-6665-TCFYB	



For more information, contact **Diane Houdek** at 402-323-3634 or dhoudek@southeast.edu

Location Key

York, YKLC.....Learning Center at York, 401 N. Lincoln Ave.



NEW! From My Kitchen: Charlotte

Demonstration Class



Join Cindy in her kitchen via Zoom to see how to create a "Charlotte," one of those fancy cakes you've seen on the baking shows. We'll talk ingredients, textures, flavors, equipment, and presentation. This covers the basics of a multi-component decorative cake, perfect for your holiday family gatherings or just because!

You will receive instructions and ideas for making your own fancy cake emailed prior to class. **Keyword: Kitchen**

Oct. 27	F	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Harper	LLLX-0457-TCFCA	

Exam Prep — CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the Certified Dietary Manager 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 for registration details. Cost is \$99 per person.

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.

Receive your assignments online. Upon completion of each assignment, you will complete an online quiz. The ServSafe exam is taken online at SCC locations in Lincoln, Beatrice, Falls City, Hebron, Nebraska City, and York.

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. After you register online, purchase the textbook "ServSafe Manager" at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. For registration and log-in information, go to <https://bit.ly/sccfoodprotectionmanagercourse>.

Class will be active now through June 24, 2024. All coursework needs to be completed by June 30. **Keyword: Protection**

Online	Williams-Lamb	\$65	FSDT-3000-WBFA
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ed2go.com/scrne

BROWSE COURSES IN

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical

Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing



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For more information, contact **Diane Houdek** at 402-323-3634 or dhoudek@southeast.edu

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

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.



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/academics/college-catalog.php 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. 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/about/other-scc-departments/access-equity-diversity-title-ix/index.php * 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.