

TEXAS A&M  
**AGRILIFE**  
EXTENSION

# Freezer Meal Workshop

JUNE 17TH 5:30-7:30PM

COST - \$15 INCLUDES 2 FREEZER MEALS  
each meal serves four

RSVP TO 806 468 5543  
by June 15th

RANDALL COUNTY EXTENSION  
OFFICE  
200 N. BROWN RD.

This Month: You bring a protein, we provide the rest!



**Meal 1: Chicken Bacon Ranch - 1 lb Chicken Breast**

**Meal 2: French Onion Smothered Pork Chops - 4 Pork Chops**

**RSVP SOON!**

**Class is limited to the first 20 participants**

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