



Feeding Your Family:  
**CROCKPOT  
MEALS**

**Monday, Dec 19, 2022 from 5-6pm**

**Shakopee Library Large Meeting Room**

Join Anna, a University of Minnesota Extension SNAP-Ed educator, to learn how to use a crockpot to make healthy meals for you and your family. Using a crockpot can be a great way to save time and money when preparing meals.

During this class, we'll explore how to create a balanced, nutritious meal according to the MyPlate food groups and identify ways to choose healthier options for crockpot meals.

**Participants will go home with a crockpot and recipes to try out!**

- \*Must live in Scott County.
- \*Registration required.
- \*Limit 10 participants/households.



**To register visit:**

[www.scottcountymn.gov/frc](http://www.scottcountymn.gov/frc)

**Email:** [frcinfo@co.scott.mn.us](mailto:frcinfo@co.scott.mn.us)

**Call/Text:** (612) 708-6935

