



Memorial Hospital's
Health & Wellness
Center Presents

Meals with Memorial PREP & GO!

Does your life get a little hectic as the school year starts? Want to plan for the upcoming harvest season? Maybe you just like the sound of not doing a lot of cooking for the next few weeks-months? Let Memorial Hospital's Health & Wellness Team help you out!

WHEN:

Thursday, August 8th
from 5:30-6:30 PM

LOCATION:

Memorial Hospital
Health & Wellness Center
Teaching Kitchen
1454 N. Co. Rd. 2050
Carthage, IL

COST:

\$200 for 10 meals
Each meal will yield 4-6 servings
(\$5 OR LESS PER SERVING!)
ONLY 15 Spots Available!

THIS WORKSHOP INCLUDES THE FOLLOWING MEALS:

- Teriyaki Beef & Broccoli
- Chicken Enchilada Casserole
- Crockpot Taco Soup
- Herb Roasted Chicken & Vegetables
- Beef Ragu
- Sheet Pan Chicken Fajitas
- Chicken Sausage & Pasta Skillet
- Classic Chili
- Coconut Curry Chicken*
- Crockpot Chicken Pot Pie

*Prepared ahead by Chef Amber!

Instructors:
Ashlyn Housewright, MHA, RDN, LDN, CDCES
Julie Shoemaker, MS, RDN, LDN
Chef Amber Clark, Head Chef



Sign up by Scanning Here!

