

BABY IT'S COLD OUTSIDE

 **Register Today!** go.illinois.edu/holidaymyplate

To hold your spot, be sure to register by Sunday December 5th!

Got the cold weather blues? Join our chili cookoff and warm up with some delicious ways to eat our nutritious fruits & veggies!

When

Monday, December 6
3:30-4:30pm

Where

University of Illinois Extension
Mason County Office
127 S High St, Ste 1
Havana, IL 62644-1496

*You can also choose to join us virtually for this event! Where we will stream our class live via zoom.

FEATURED RECIPES



Quick Chili & White Chicken Chili

View our short video
about the class!

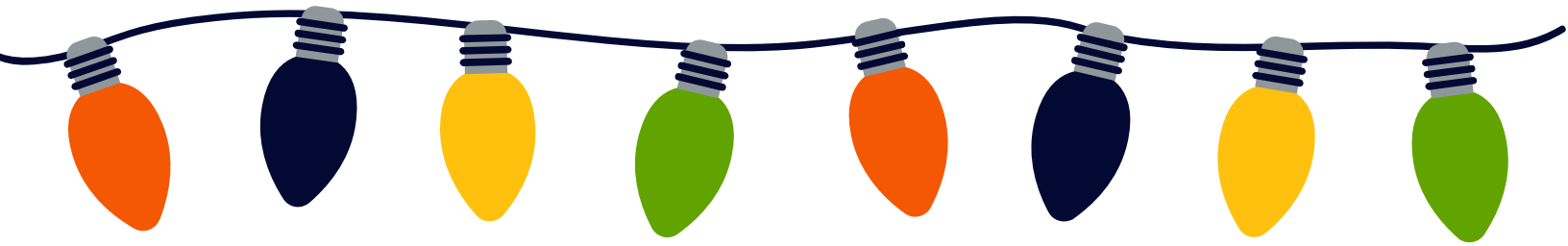


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Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN





UPCOMING EVENTS

January 10, 2022

Family Time Active & Fun!

New year, New foods, New me!

Resolutions can be hard to make and keep. Let us help by discussing some family activities and yummy healthy snacks. Cook with your kids during this interactive lesson!

Recipe: Apple Nachos

January 31, 2022

Family Meals

Cooking up Love

Keep your heart healthy & fill your heart up with a love for cooking during this fun interactive class. The recipes will be a perfect complement to a family meal or a night in date night!

Recipes: Turkey Meatballs & Skillet Spaghetti

Questions or need reasonable accommodations to participate in the program?

Contact- Skye Mibbs, SNAP-Ed Instructor
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