



BOONE COUNTY EXTENSION HOMEMAKERS

Lunch & Learn

Presented by
Purdue Extension

MARCH 11, 2025

Bring your own lunch and join us for
this **FREE** program on **Cooking with
Herbs & Spices and Saving Money
with Freezer Meals**

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11am- Cooking with Herbs & Spices

Participants in this lesson will gain the knowledge in using herbs and spices to enhance flavors in your everyday meals without consuming the added sugars and salts contained in many seasoning packets. We will also be learning about the health benefits of each herbs and spices used in the demonstration. Come join this culinary experience to enhance your flavor pallet and increase your overall health!

Amanda Marciano-Feutz, Hendricks County

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Noon- Saving Money with Freezer Meals

We are all affected by the increase of grocery costs. Eating at home costs significantly less than eating out; however, time is sometimes a determining factor in choosing cooking or a drive thru restaurant. Recipes for delicious meals prepared in advance help you put dinner on the table with less time, less money, and better nutrition. Preparation tips, kitchen tools, and recipes will be presented as we explore the possibilities of saving time in the kitchen while preparing healthy meals. Bring your ideas and your creativity!

Diana Stone, Shelby County

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Reserve your spot by March 4th by calling the Purdue
Extension-Boone County office at
765-482-0750 or email booneces@purdue.edu

Event held at the Boone County 4-H Fairgrounds in the
Farm Bureau Inc. Community Building
1300 E 100 S; Lebanon, 46052



Extension - Health and
Human Sciences