

Gifts from the Kitchen

Tuesday, February 12, 2019 6:30-8:30 PM

Urbandale Community Education - 7111 Aurora Ave. Room 401

Join ISU Extension and Outreach, Polk County and Urbandale Community Education for a lovely Valentine's evening of making mason jar mixes to give to family and friends.

Adults and children ages 8 and older will make oatmeal cookie mixes using a Spend Smart. Eat Smart. recipe. Participants will package it in a decorated mason jar for the perfect Valentine's Day gift.

While decorating, guests will sample a healthy hot cocoa recipe and discuss ideas for making food gifts full of flavor but not loaded with empty calories. All supplies and instructions will be provided.

Register online through the Urbandale Community Education website: <https://urbandaleschools.prestosports.com/camps/camps-registration?id=0rq7br>

Or contact Josh Jacobs: 515-457-6950 or josh.jacobs@j-hawk.com

Polk County

www.extension.iastate.edu/polk

In Partner With:



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\$12 per adult and one child. \$5 for additional child.
Please register by Feb. 11.



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