



COMAL COUNTY

PUBLIC INFORMATION

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DIY Saturday to focus on meal prep

FOR IMMEDIATE RELEASE, JANUARY 29, 2019:

NEW BRAUNFELS — The monthly DIY Saturday class at the county’s Extension Office will focus on meal preparation in February.

The class will be 9-11 a.m. Feb. 9 at the Comal County office of the Texas A&M AgriLife Extension Service, 325 Resource Drive, New Braunfels. The cost of class is \$15 per person

Extension agent Connie Sheppard will teach students how to make healthy meals by doing preparation in advance.

“Once you get all of the prep work out of the way, making dinner is easy,” Sheppard said. “Being prepared is the first and most important step to being healthy.”

Attendees can register for the classes and get more information by calling 830-620-3440. The class requires a minimum size, so students are encouraged to call ahead to make sure it will still take place.

The class schedule for the rest of 2019 is:

- March 9: Herb Gardens
- April 13: Rainwater Harvesting
- May 11: Extension Office Open House
- June 8: Backyard Chickens/Eggs 101
- July 13: Pickling
- Aug. 10: Lunch Ideas
- Sept. 14: Backyard Gardening
- Oct. 12: Kids Day in the Garden
- Nov. 9: Sausage Making

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