

Mighty Mug Meals and More!
Cooking on a Budget with the Tools You Have



Brought to you by Southwestern College's Culinary Arts Department

November 19, 2020 from 11:00 a.m. – 12:00 p.m.

In this 1-hour class, you will learn strategies on how to cook healthy, delicious meals on a budget, with the kitchen appliances you have on hand.

- **Meal planning and shopping on a budget**
- **Mighty mug microwave meals**
- **Make-ahead meals**
- **No-cook meals**

Instructor: Laura Gershuni, Professor of Culinary Arts, Hospitality & Tourism Management

Join Zoom Meeting

<https://swccd-edu.zoom.us/j/92886104766>

Meeting ID: 928 8610 4766