

**FREEZER PLEASERS  
MAKE-N-TAKE REGISTRATION FORM**

**Mail to: Marie Cole, 369 Bradford Drive, Buda, TX 78610, along with a \$100 deposit (includes \$50 registration fee)**

**DEADLINE - Saturday, February 14, 2004 (Late Reg. Deadline—Feb. 18—add \$10)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Street

City

State

ZIP

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

(We never share our e-mail list with anyone!)

How did you hear about us?

What two friends are you bringing?

**DISCLAIMER**

Please read the following statement carefully and sign below it to participate in the make-n-take.

"I am voluntarily opting to participate in the Freezer Pleasers Make-n-Take session. I promise to follow food safety rules such as washing my hands frequently, wearing my hair back, and not leaving meat out for more than 2 hours total. I recognize that I should transport my food back to my home as soon as possible to prevent any spoilage. I will not hold Freezer Pleasers, Kim Heideman, Marie Cole, or the owners of the venue responsible for any kitchen mishap, including but not limited to burns, cuts, and accidents. I will take the utmost care in using knives or other kitchen tools and utensils. Should any mishap occur, I give permission to Freezer Pleasers or any other participant to administer first aid and/or call an ambulance, if necessary. I will not hold Freezer Pleasers, Kim Heideman, Marie Cole, or the owners of the venue responsible in any way for the appropriateness or efficacy of any such aid rendered to me in an emergency or other accident."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please list below any dietary concerns you may have, such as food allergies. We will attempt to accommodate these if at all possible!

Minimum amount to order: 12 of any combination      Maximum amount to order: as much as you wish☺

**THE RECIPES** - Unless otherwise noted, all recipes will be packaged to serve 4-6 people. Most of them will be packaged in freezer bags to minimize storage space required in your freezer. Please enter a number in "Quantity Ordered" for each recipe. If no number is entered, "0" will be assumed.

Recipe Name:	Description and Comments:	Price per unit:	Quantity Ordered:
Classic Beef & Vegetable Stew	Your family will ask for seconds of this savory stew chock-full of vegetables and lean stew meat.	\$12.00	
Santa Fe Chicken	Chopped chicken breasts, beans, picante, & corn give this dish a flare of the Southwest. Loaded with fiber—14.5g per serving!!!	\$12.00	
Health-by-Stealth Loaf (a new twist on an old classic)	Your family will never even taste the secret ingredient—wheat germ! (Note: wheat germ is expensive, but your family's health is priceless!)	\$12.00	
Italian Marinated Chicken	Perfect for grilling, broiling, or baking; these freezer-marinated chicken breasts are tasty and healthy, too!	\$12.00	
Phillipine-Style Chicken	These tangy-marinated chicken breasts are perfect to stir-fry or simmer on the stove. Serve with rice and a veggie side for a healthy meal!	\$12.00	
Texas Bean Salad	This heart-smart dish combines pinto beans with a mild-flavored sauce sure to please all your Texans!	\$8.00	
Dreamsicle Pie	Whipped topping & yogurt make this creamy, frozen pie a MUST for all freezers! At only 2 points per serving, who can refuse?	\$10.00	
Mocha Pudding Cake	This decadent name says it all, except that each serving has ONLY 242 calories & 1g fat!!	\$10.00	

