

Everything HERBAL
by Cheryl Jabz

Bubbie's COOKING CLASS

PREP FIRST, COOK SECOND

Wash produce and chop, dice, slice,
or measure everything before
turning on the stove.

Cooking is much easier when your
ingredients are ready to go!

A little
Prep Today
Makes a
Happier
Tomorrow

Bubbie Says...

A little
preparation
leads to less stress,
better meals,
and more time
to enjoy the
people you love!

Good
Food
Happy
People

Good
Ingredients
Brighter
Days

Good
Meals
Brighter
Days

WASH

DICE

SLICE

CHOP



SCAN ME

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