LIVINGSTON
NEW JERSEY
SENIOR, YOUTH & LEISURE SERVICES

Cooking Demonstration

with Lena Mattero
Registered Dietitian from
Livingston ShopRite

Wednesday
October 30, 2019
10 am—12 pm
Senior/Community Center
204 Hillside Ave
Lower Lobby

Cooking Demonstration:
Cooking Tips For "One or Two"

It can be tricky when cooking for one (or even two) to make the most of your ingredients and to minimize dishes — particularly when many recipes focus on making a meal for a family. But just because you have a smaller household doesn't mean you should abandon the kitchen for takeout.

FREE; pre-registration required online at **Livingstonnj.org/SYLS**
or in person at SYLS Office, 204 Hillside Ave., M—F, 8:30 am—4:30 pm.
Please call 973-535-7925, option 8 or email **lbranquinho@livingstonnj.org**