Cooking for 1 or 2

Heating up a TV dinner or a can of soup?

Eating this way on a regular basis can lead to serious health problems!

Looking for ideas to create healthier, better tasting meals yourself?

This class will include:

- Benefits of cooking for one
- The importance of fruits and vegetables
- Storage and meal ideas for leftovers recipes

Date: Tuesday, June 24, 2014
Time: 2:00-3:00 pm
Location: Takes A Village Senior Center
Sidney Civic Center
21 Liberty St, Room 207, Sidney NY

Register at Senior Center (607) 563-7111