

## ***QUICK, EASY & HEALTHY HOME COOKING***



A workshop geared toward men and women 60 and over who are living alone for the first time or who are caregivers and/or responsible for food shopping & meal preparation. Designed for men and women who have limited experience in shopping for groceries and in preparing meals, each of these workshops will demonstrate what is available in pre-packaged foods that can be purchased at local grocery markets and made into a simple, attractive and nutritious meal. Participants will have a chance to prepare a meal and eat it too!

**Dates:**           **March 3, 5, 10, 12, 17, 2010 (snow date 19<sup>th</sup>)**

**Time:**           **11:00 a.m. – 1:30 p.m.**

**Location:**       **Cornell Cooperative Extension  
480 N. Main Street, Canandaigua**

**Cost:**           **No Charge!!** *Funding is provided by the New York State Office for the Aging.*

**Registration:** Pre-registration is required by calling 585-394-3977  
Ext. 409 or 425.

**This program is sponsored by Cornell Cooperative Extension of Ontario County in cooperation with the Ontario County Office for the Aging.**

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