



**LIVINGSTON  
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

# Cooking Demonstration

with Lena Mattero

Registered Dietitian from  
Livingston ShopRite



**Wednesday  
October 30, 2019**

**1:30—2:30 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](http://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](mailto:lbranquinho@livingstonnj.org)