



**LIVINGSTON  
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

# Cooking Demonstration

with Lena Mattero  
Registered Dietitian from  
Livingston ShopRite



Wednesday  
**March 25, 2020**

1:30—2:30 pm

Senior/Community Center  
204 Hillside Ave  
Lower Lobby

FREE, pre-registration required

## Cooking Demonstration: Cooking Healthy on a Low Budget

*Presenter: Lena Mattero, Registered Dietitian from Livingston ShopRite*

Learn how to cook healthy and delicious meals in a cost effective way. Participants will come away with low budget shopping, preparing and reusing leftovers.

Please let the dietitian know if you have any food allergies.



**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)