

Presentation **@ the Office on Aging**

Please Join Us
Monday, August 14th :: 11am
Human Services Building
55 Reid Street :: South River

Cooking for One

Presented by Maryrose Agel
Registered Dietitian :: Nutritionist
ShopRite of Spotwood

Cooking for one is easy!
Learn how to shop, prepare, package
& store food items. Tips, helpful hints
& recipes will be shared.

RSVP Requested :: Transportation Available
Call (732) 257-2340