

ERIE COUNTY DEPARTMENT
FOR THE AGING PRESENTS

COOKING WITH SASS

3 week fun, interactive &
hands-on cooking series

(Smart & Simple Sustenance)

SPACES ARE
LIMITED!
SIGN UP
TODAY!
CALL
716.822.4532

Week 1: Cooking for One or Two

Week 2: Cooking on A Budget

Week 3: Healthy Substitutions

Includes Hands-on
Participant Involvement &
Food Sampling!



With
Erie County
Dept for the
Aging
Chefs!

**Tosh Collins Senior Center
35 Cazenovia Ave., Buffalo
Thursdays: 1/22, 1/29, 2/05
Time: 1:00 -2:00 p.m.**

ERIE COUNTY DEPARTMENT FOR THE
AGING STAY FIT DINING PROGRAM

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