

Meals for One

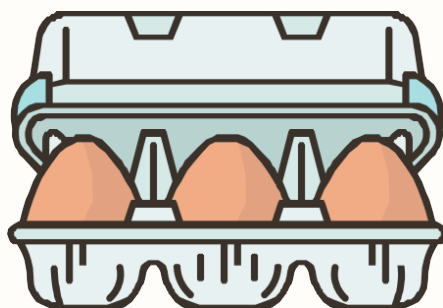
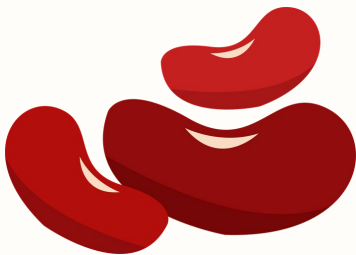
Friday August 21st
12pm

Rotterdam Senior
Center



Join Registered Dietitian Debbie Griswold for a presentation and cooking demo featuring meals for one or two people. Enjoy samples and get recipes & tips for scaling down your favorite recipes.

Please RSVP to Rotterdam Senior Center by Thursday August 20th.



Cornell University
Cooperative Extension
of Schenectady County