



Massachusetts  
Councils On Aging

# Menu

## COOKING AS SELF CARE

### Serving Up.....

<b>January</b>	
<i>One Pot, One Pan</i>	\$0.00
<b>February</b>	
<i>Bowl O'Goodness</i>	\$0.00
<b>March</b>	
<i>Fads &amp; Myths</i>	\$0.00
<b>April</b>	
<i>Diversity Eats</i>	\$0.00
<b>May</b>	
<i>Eat for Better Sleep</i>	\$0.00
<b>June</b>	
<i>Meal Rut, Stuck in a</i>	\$0.00
<b>July</b>	
<i>Seasonal Picnic</i>	\$0.00
<b>August</b>	
<i>Waste Not</i>	\$0.00
<b>September</b>	
<i>Nutrient Nitty Gritty</i>	\$0.00
<b>October</b>	
<i>Cooking for One</i>	\$0.00
<b>November</b>	
<i>Holiday Features</i>	\$0.00
<b>December</b>	
<i>Cozy Comforts</i>	\$0.00

### Sides Included.....

Recipe Demo	\$0.00
Nutrition	\$0.00
Information	\$0.00
Food Safety Tips	\$0.00
Bad Jokes	\$0.00

### Extras.....

*Recipes are chef's choice and will vary by season. They can be found each month on MCOA's website.*

*Be wary of your own allergies and final cooking temperatures.*

**Thank you!**

413-527-5425, [www.mcoaonline.com](http://www.mcoaonline.com)