



People Inc. Pine Senior Living and Catholic Charities present

Cooking Matters

Teaching skills for buying healthy foods on a budget

Thursday, June 16, 2016 • 3 - 6 p.m., Presentation at 4 p.m.
6231 Tonawanda Creek North, Lockport (Off Transit Road near Millersport Highway)



“Coupons and Stretching Your Food Dollars” Workshop

- Learn how to buy fruits and vegetables on a budget
- Compare unit prices to find bargains
- Read and compare food labels
- Identify whole grains and nutritional information

Take a Tour

- Apartments for independent seniors age 62+
- Monthly rent based on income, some utilities included
- Meet tenants and socialize
- Learn about eligibility

Freebies and Refreshments

- Participants will receive a \$10 Tops gift card
- FREE book with tasty recipes and tips on buying healthy low-cost foods
- FREE reusable grocery bag
- Enjoy snacks



To RSVP or for more information, call 716.433.3381.

