

# NEED TO EAT?



## SURVIVAL COOKING PROGRAM FOR MEN

Saskatoon Council on Aging invites you to join other men to prepare meals that are simple, easy and quick to make. The meals include desserts (yum-yum). Of course, the meal will then need to be eaten! And while meals are being eaten, lots of talking will happen.

Cooking experiences are all based on information from *Living Simply* a handbook prepared by Saskatoon Home Economists for adults assuming new responsibilities. Participants will receive a copy of *Living Simply*.

- **15 Minute meals** – how to use the microwave in meal preparation – potatoes, vegetables and dessert done in the microwave
- **Soup ‘R Stew Daze** – how to make your own private soup or stew recipe and then to top the meal off with yummy apple crisp
- **Fast-A-Pasta Feast** - how to “perk up” macaroni with some additional ingredients and to end the meal with the old-time favourites: Minute Tapioca and Chocolate pudding
- **Potluck** - Time to show off your skills by bringing something you prepared to add to the potluck.

**Time:** 4:00 – 6:30 p.m.

**Date:** Tuesdays, Jan. 11, 18, 25 and Feb. 1, 2011

**Location:** Grace Westminster United Church, 505 10<sup>th</sup> St. E.  
Saskatoon

**Cost:** \$30.00

**To Register:** please call Murray at 374-0874

*Sponsored by Affinity Credit Union, SCOA, Saskatoon Home Economists*