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Cooking Live with NYC Aging!

Who said healthy food can't be tasty?

Mark down these 3 dates in your calendars for our next few cooking demos of 2023:

Date: Wednesday, April 19th, at 11:00am
Recipe: Kimbap (Korean Sushi)
Language: English + Korean

Date: Wednesday, May 10th, at 11:00am
Recipe: Pineapple Zucchini Cake
In honor of Mother's Day!
Language: English + Spanish

Date: Wednesday, June 14th at 11:00am
Recipe: Garden Frittata
Language: English

The zoom information will be the same for all the cooking demos.

Link:

<https://us02web.zoom.us/j/84599309153?pwd=bFErdmJlUTA3bzRtTXN5U0hPa29YUT09>

Meeting ID: 845 9930 9153

Passcode: 123

Dial-In Number: +1 929-436-2866 US (New York)

Please cook along with us! A list of ingredients for the recipes will be sent closer to the dates of the cooking demos.

For any questions, comments, or recipe suggestions, please email us at: virtualsmartliving@aging.nyc.gov.

Get your aprons ready, see you soon in the kitchen!



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Virtual Smart Living Initiative

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