

Cooking Live with NYC Aging!

Start off the new year right! Join our Registered Dietitian Nutritionists to learn how to prepare more nutritious + delicious recipes!

Mark down the dates below in your calendar for our first 3 cooking demos of 2023!

Date: Wednesday, January 18th at 11:00am

Recipe: Tuscan White Bean Stew

Language: English

Date: Wednesday, February 15th at 11:00am

Recipe: Mac and Cheese

Language: English

Date: Wednesday, March 15th at 11:00am

Recipe: Fried Rice

Language: English + Cantonese



Photo credit: Canva.com

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

The zoom information below will remain the same for all the cooking demos.

LINK: [HTTPS://US02WEB.ZOOM.US/J/84599309153? PWD=BFERDMJLUTA3BZRITXN5U0HPA29YUT09](https://us02web.zoom.us/j/84599309153?pwd=BFERDMJLUTA3BZRITXN5U0HPA29YUT09)

MEETING ID: 845 9930 9153

PASSCODE: 123

DIAL IN NUMBER: +1 929 436 2866 US (NEW YORK)

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

Hope to see you!