

Bay County Division on Aging ~ presents

In service Opportunity for Volunteers, Caregivers and Seniors

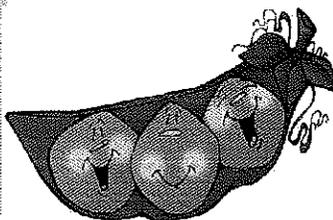
Cooking for 1 or 2 ... Tasting Good and Assuring Food Safety

Barbara Krayscir, Registered Dietitian and Nutrition Coordinator for the Bay County Division on Aging, will present a program on two important dietary issues. *Cooking for 1 or 2* can be difficult and unappealing. As we age, it becomes more essential to eat foods that will increase energy and mental acuity. Barb will give us ideas to help keep meals healthy, flavorful and simple. Along with yummy food, we need to be aware of *Keeping Food Safe*. One in six people will get sick from food poisoning, sending over 100,000 of them to the hospital each year. Barb will address the do's and don'ts of preparing, handling and cleaning your food. Questions and Answers will follow the program.

Enjoy a noon meal prior to the program.

Thursday, May 16, 2013

Location: Riverside Center
800 J. F. Kennedy Drive,
Bay City, 48706



(We will enjoy lunch first)

Time: 12:00 noon lunch
12:45 - 2:00 p.m. Program

Space is limited so get your registration in early.
\$2.50 suggested donation (60 yrs & better) for lunch
fee of \$4.75 (59 yrs & under)

Menu ~ Entree: Country Style Chicken, Mashed Potatoes w/gravy, Peas, Bread, Black Forest Cake & Beverages
or a choice of Salad or Sandwich of the week
Salad: Taco or **Sandwich:** Turkey Swiss Wrap

To make reservations and/or transportation requests call Sandy at (989) 893-7070.
A reservation must be made to attend by calling or filling out the detached section of this form,
no later than Tuesday, May 14, 2013.



Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

Indicated menu request: entree _____ salad _____ sandwich _____

Senior: Caregiver Participant: Division on Aging Volunteer:

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to sign _____

(Only need one release on file for the year.)

Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event.

Request should be directed to Michael Gray, (989) 895-4130 or 895-4049. Inservice Cooking for one and two May 13