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## Easy Recipes for One or Two

This Senior Chef\* cook book is packed full of recipes, cooking tips, nutrition and budgeting advice. Research shows that regular cooking at home improves health and prolongs life!

*Easy Recipes for One or Two* includes recipes from our classes plus more. They are delicious, no-fuss and full of ingredients that look after your health.

If you are 60+ or work with people in this age group, this is a great resource focused on basic cooking skills and gaining health.

\* *Senior chef is a free 8-week cooking class for older people. With recipes based for one or two people, the course aims to improve cooking skills and inspire participants with nutritious and easy to make recipes, all in the context of a friendly social environment. Further information ph 0800 333405*



\$20 per copy (including GST)  
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**SENIOR CHEF**  
Cooking classes for older adults

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