



March is National Nutrition Month



KATJANA BALLANTYNE
MAYOR

COUNCIL ON AGING NUTRITION WORKSHOP HAVING FUN WITH KITCHEN GADGETS



**Wednesday, March 19th 2025
10:00 am – 11:30 am
at the Holland St. Center**

This month we celebrate Nutrition Month with a strong focus on eating healthy and being mindful of our overall health. But, sometimes eating healthy can seem overwhelming and tedious, trying to figure on what to eat, what to buy, and how to cook it.

Having the right tools on hand to accomplish the task is step number one. It's simple but true that you're much more likely to follow through on eating better if your kitchen is well stocked with nutrient-rich ingredients and equipped with streamlined gear. It can even be fun to create and taste new foods. Whether you're trying to cook without oil, up your fruit and vegetable intake, experiment with vegan cuisine or drink more water, there is usual a fun and effective gadget for that.

Join us for this one and half hour class looking at gadgets that many healthy cooks have in their kitchen.

Even the most amateur of home cooks should have their favorite tools at their fingertips and they do not need to be elaborate or expensive.

*RSVP to Mary Marshall at headtofitness10@yahoo.com or
at 617 625-6600 ext. 2316*

Space is limited to 25 people

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.

Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.