

Cooking For Emptynesters with Jane Sunderland

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Mondays, 10:00-noon in Sobey's 2nd Floor Community Room, Vaughn Harvey and Main

6 weeks starting on Jan 17, 2011

Maximum 12

Storm Policy: No classes when schools are closed in Moncton

Start with a true/false questionnaire on the day's topic. Share info on the topic while answering the questionnaire. Go over the recipes for the day. (Approx. 20 - 30 minutes)

As there is limited room for cooking the recipes will be done mostly in the form of demonstrations with help from course participants.

Tasting of food

Information and recipe handouts to be provided.

Course Outline

Week 1: Healthy Eating for Seasoned Folk & Meal planning for 1 or 2

Week 2: Deciphering labels & Shopping for empty nesters

Week 3: Substituting in recipes for the health of it

Week 4: Safe food handling

Week 5: Creative use of leftovers

Week 6: Taking shortcuts with food preparation

Instructor Bio:

Jane is trained as a Home Economics teacher – BSc HEc from St F X in 1974 and a B Ed from University of Moncton in 1983. She taught Junior and Senior High Home Economics for several years in District 2 and taught Grade 10 Math/Science for last 10 years.

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tsccordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place.

Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!