

Cooking Tips for Older Adults



Cooking should be fun, not stressful!

Cooking can become a daunting task as we age, but it doesn't have to be. In this presentation, we'll explore practical tips and adaptive tools to make cooking easier and more enjoyable for older adults.

Whether you're a seasoned cook or a beginner, you'll learn how to simplify the cooking process and save time in the kitchen.

Senior-friendly recipes and product recommendations and where to obtain them will be provided.