

'Healthy Aging Through Local Harvest' workshops, cooking series offered locally

The program "Healthy Aging Through Local Harvest" is being presented in more than one option this year, by Abbey Eschbach, STEP's Wellness and Nutrition Initiative coordinator.

The program's pilot series and recurring weekly workshops were so successful that STEP is expanding it in 2018.

Both the Renovo and Mill Hall Centers for Healthy Aging will feature one of the options — the new "Seasonal Cooking Series."

This series is offered at Mill Hall on selected Thursdays, from 12:30 to 2 p.m. The dates are May 10, Aug. 30 and Oct. 4.

It is offered at Renovo on Fridays, also from 12:30 to 2 p.m. The dates are May 11, Aug. 31 and Oct. 5.

The May topic is thoughtful, fresh recipes "to make any mother feel loved," the August topic is 20-minute easy summer recipes, and the October topic is quick dressings and sauces to enhance any meal.

Some of the other centers will host four-week workshops.

Jersey Shore will host workshops from 9 to 10 a.m. every Wednesday in March, and the Clinton County Community Center in Lock Haven will host workshops from 12:30 to 2 p.m. Wednesdays, May 9, 16, 23 and 30.

Topics will include exploring spice blends, creative recipes from typical pantry items, five-ingredient no-fuss healthy meals, and growing, storing and general preparation techniques for herbs.

All workshops include nutritional guidance, multiple take-home recipes, and hands-on cooking while preparing the featured recipe. Those interested are invited to come to one or all of the workshops and have fun cooking, socializing, and dining with friends.

"We encourage you to attend any workshops you are interested in. You are not limited to a single loca-



PHOTO PROVIDED

Participants at the STEP Lincoln Street Center in Williamsport use chicken salad as a canvas for different flavor combinations.

tion!" Eschbach said.

Participants needing transportation to the workshops can schedule a ride through STEP Transportation by calling 570-326-0587. For more information on the classes, call Eschbach at 570-601-9511.

STEP, Inc. is one of 1,100 Community Action

Agencies nationwide, and a member of the Community Action Association of Pennsylvania. The agency recently celebrated 50 years of partnerships and service to the community. Its mission is to engage diverse individuals, families and communities in the pursuit of social and economic success.