



# Cooking for your family's health!

You are invited to a Cooking Lecture & Demo presented By **Maria Dello** of **DELLO NUTRITIONALS**

- ◆ **Casual, fun, and tasty...** Join us in the warm & inviting kitchen of our SEPTA president, while our expert nutritionist demonstrates simple, healthy, delicious and family-friendly dishes to fit your family's needs!
- ◆ **Discover creative dishes using:**
  - ◆ Natural, nutritious ingredients free of chemicals & dyes,
  - ◆ Wheat and dairy alternatives,
  - ◆ Alternatives to nuts, soy, & other allergens,
  - ◆ Foods low in sugar or unhealthy fats,

*... Whatever your circumstances, Maria is bound to have ideas to liven up your menu!*
- ◆ **The presentation is free!**
- ◆ **Raffle prizes have been generously donated by:**

MATTY'S TOY STOP

Billy Dee's  
Pizza Restaurant

Café Continental

WHOLE  
FOODS  
MARKET

Stresa

nuBest

DELLO

...and more!

**Date:** Friday, May 21<sup>st</sup>, 2010

**Time:** 7:30 to 9:00 p.m.

**Location:** The home of Ann Marie Moschitta  
138 Colonial Parkway, Manhasset, NY 11030

◆ RSVP to [Manhassetsepta@gmail.com](mailto:Manhassetsepta@gmail.com)\*

\*Space is limited to 25 guests; to assure a spot, please reply promptly.

We look forward to seeing you!