

The Council for Older Adults in Niagara County is seeking your family recipes for a Heritage Cookbook!

A Taste of History: Heritage Recipes from Niagara County

Food tells the story of who we are and where we came from. The COA is collecting family recipes to record our history into a commemorative cookbook.

What are the recipes that define your family? Recipes that bring you right back to your grandma's kitchen? The COA is collecting these recipes to record our history and honor our loved ones.

All Niagara County residents can submit their favorite recipes to coa@hanci.com. Please include your contact information, a short history about the recipe and attach any photos that are relevant. Photos of handwritten recipes, family gatherings, the person that made this recipe & the food itself are especially wanted!

If you need help submitting recipes or photos, call the COA at (716) 285-8224, Ext 215. Final cookbook will include as many recipes as possible, given space limitations. Recipes accepted through March 1, 2021.

**Honor the memory of your loved one
Submit your recipe to coa@hanci.com today!**



The Council for Older Adults in Niagara County (COA) promotes and coordinates public and private programs that support and safeguard the independence and well being of our senior population. COA is funded by the NC Office for the Aging & is a program of HANCI.