



JUST SAY YES TO FRUITS AND VEGETABLES

Stretching Food Dollars

At the end of this lesson you will be able to:

- Identify benefits of buying fruits and veggies in season
- Identify overall health and wellness strategies
- Stretch your food dollars by using a shopping list

July 13th | 6:30-7:30 PM

LOCATION

Class will be held via ZOOM, link will be sent out to register at a later date.

CONTACT/REGISTRATION

South Plainfield Public Library (908) 754-7885

Additional Information/Notes/Directions can go here.