NJSNAP-Ed eat healthy. be active.

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.

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