

JUST SAY

YES!

TO NUTRITION



Just For The
Health Of It!
East Brunswick Public Library

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Tuesdays at 2pm in October
Learn healthy eating tips from
nutrition educators from the
Community Foodbank of New
Jersey.

Registration required. Register
online at <http://bit.ly/jsyOct2020>
or by calling 732-390-6767.

Tuesday, 10/13 – HEALTHY BEVERAGES

Join this workshop to learn about:

- The link between sugary drinks and chronic disease
- How to identify sugary drinks
- How to identify ways to make healthy beverage choices

Tuesday, 10/20 – PORTION SIZES

In this workshop you will learn about:

- The benefits of practicing portion control
- Simple techniques to estimate portion controls
- Strategies to eat healthy and increase physical activity

Tuesday, 10/27 – MEAL PLANNING

Join our free and fun workshop to learn more about:

- How to plan easy, healthy meals using low cost, readily available foods
- How to identify healthy meal planning strategies
- The benefits of planning meals and snacks