

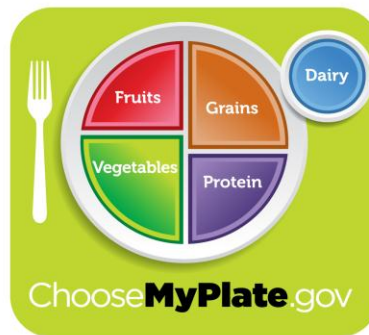
Supplemental Nutrition Assistance Program (SNAP-Ed)

WE HAVE VERY EXCITING NEWS!

DO YOU WANT TO LEARN

- HOW TO SAVE MONEY WHEN FOOD SHOPPING?
- HOW TO PLAN HEALTHY MEALS?
- HOW TO USE LESS SALT, FAT AND SUGAR IN YOUR DIET?

COMMUNITY NUTRITION EDUCATORS FROM RUTGERS COOPERATIVE EXTENSION (RCE) INVITE YOU TO PARTICIPATE IN OUR NUTRITION WORKSHOPS. UPON COMPLETION OF THE PROGRAM, YOU WILL RECEIVE A **NUTRITION CERTIFICATE** FROM RCE.



Please mark your calendars. The program will be offered the following Thursdays:
March 3rd, March 10th, March 17, March 24th, April 7th, and April 21st
At the Hackensack High School
From 7:00 p.m. to 7:45 p.m.

THIS PROGRAM IS CO-SPONSORED BY:

The Hackensack High School Parent Outreach Office
THIS PROGRAM IS FREE

This program is offered without regard for race, age, sex, handicap, color, national origin, or disability.

For more information, please call the Supplemental Nutrition Assistance Program (SNAP-Ed)
Office at 201-336-6874
SNAP-Ed Program Associate, Paulina D. Beristain

Note: Parents must attend the six sessions in order to receive certificate of completion from Rutgers Cooperative Extension. Parents may register by calling Mrs. Bermudez at 201-646-7963.