

Free online classes
from Rutgers to help
your whole family
eat better and get
active on a budget!



Wednesdays at 2pm
January 13, 20, 27
February 3, 10, 17, 24
March 2

Parents will:

- Get together with other parents and share best tips!
- See some great new recipes!
- Learn how to have fun keeping the whole family healthy!



RUTGERS

New Jersey Agricultural
Experiment Station



Expanded Food & Nutrition Education Program (EFNEP)
A Rutgers Cooperative Extension Program

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