



Nutrition & Your Family Meals

Learn How To Eat For A Long Healthy Life One Bite At A Time

Class 1: Monday, October 16

What to eat, how much and when. Learn how to build a healthy meal for breakfast, lunch and dinner. Learn how to make a healthier-for-you breakfast loaf

Class 2: Monday, October 23

Cooking can be fun, learn how to make a good-for-you salad dressing. Learn what foods contain added sugar and the importance of eating fiber rich foods

Class 3: Monday, October 30

Eating for our health and the health of our environment. How can our eating habits impact the community. How can we reduce our food waste and rethink our relationship with food.

\$10 per session; **\$25** for all three. Come to the Parish Center, 411 Clinton Street.

Melissa Mirota, Registered Dietitian Nutritionist, currently Princeton University's Campus Wellness Dietitian, with a background in public health education, corporate wellness and individual nutrition counseling. She attended Rutgers and majored in nutritional sciences and politics.



Name _____

Phone _____

E-mail _____

Enclosed is \$ ____ cash or check (circle one)

Check off each date or register for all three:

Class 1: Monday, October 16

Class 2: Monday, October 23

Class 3: Monday, October 30