

The Bernards
Township Health
Department presents

Healthy eats, happy kids!



Monday, July 22nd
3:30-4:30 pm, Room B
Bernards Township Library
32 S. Maple Ave.
Basking Ridge, NJ 07933

Registration
Required

Call 908-204-3069 or email
Ahuber@bernards.org to
register your child

Join Andrea Huber, Bernards Township Nutritionist for a fun lesson on MyPlate as well as a culinary demonstration. The lesson is geared for children ages 5-10 years old. Children will learn about healthy food choices and the importance of eating from all 5 food groups. Children will also get to participate in the making of fruit and cheese kabobs.

Andrea Huber, MS.

Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - Info: 908-204-3070

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough

