



The Bernards Township Health Department
and Nourish and Thrive Nutrition Center present:

BUILDING A HEALTHY KITCHEN

Thursday, April 27

6:00 - 7:30 pm

Bernards Township Library
32 S. Maple Ave, Basking Ridge

Registration Required. Call 908-204-2520 to register.

Looking for ways to prepare nutritious meals in 20 minutes or less? Set your environment up for success! Join Registered Dietitian Nutritionists for a nutrition presentation and culinary demonstration. Discover how to grocery shop for convenience items and stock your kitchen zones with all the ingredients you need to prepare healthy and efficient meals at home.

*Elisa England, MS, RDN founder of NewTritious You
Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting
Together Elisa and Ellen are Nourish and Thrive Nutrition Center.*



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