

The Bernards  
Township Health  
Department presents

# Healthy eats, happy kids!



**Monday, July 17th**

**3:30-4:30 pm**

**Long Hill Township Library**

**917 Valley Road**

**Gillette, NJ 07933**

**Registration  
Required**

**Call 908-204-3069 to  
register your child**

**Join Andrea Huber, Bernard's 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](http://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

