

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 - Info: 908-204-3070

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

