Rutgers Nutrition Education

Rutgers Nutrition Educators will do a series of 8 Classes here at Avenues. They will educate us with some hands-on activities and treats to go along with the week’s series.

1:15-2:15 Every Wednesday for 8 weeks. So much fun and the little surprise gifts are great.

04/17: MyPlate

04/24: Fruits & Vegetables

05/01: Stretching Food Dollars

05/08: Fiber

05/15: Portion Sizes

05/22: Nutrition Facts Label

05/29: Healthy Beverages

06/05: Physical Activity