



Summertime and Eating is Easy with Veggies & Fruits From Your Farm Market Workshop

Summertime and eating is easy with help from your farm market. Come to this free workshop to learn how to select and use more fresh vegetables and fruits to create flavorful, healthy meals and snacks.

The speaker will highlight health benefits of produce and provide recipes and preparation tips. Best of all, each family attending this hour long session will **receive a Farm Market Voucher for \$15 of fresh produce.**

A project of Robert Wood Johnson University Hospital – Somerset and presented by

Family & Community Health Sciences, Rutgers Cooperative Extension of Somerset County

Attend one of these **FREE** sessions to get your **\$15 family voucher** (1 per family)

Children are welcome; but childcare will not be provided.

- **Thursday, July 12, 2018 at 6:30 –7:30 pm**
Manville Reformed Church, 238 South 5th Ave.
Manville, NJ 08873

- **Monday, July 16, 2018 at 10-11 am**
Franklin Board of Social Services
630 Franklin Blvd., #110, Somerset, NJ 08873
- **Wednesday, July 18, 2018 at 6:30 –7:30 pm**
Manville Public Library, 100 South 10th St.
Manville, NJ 08835
- **Wednesday, July 25, 2018 at 6 –7 pm**
Middle Earth, Codrington Park
200 Thompson Ave, Bound Brook, NJ 08805
- **Friday, July 27, 2018 at 6 –7 pm**
Burger King, 607 West Union Ave.
Bound Brook, NJ 08805
- **Wednesday, August 1, 2018 at 6:30 –7:30 pm**
Bound Brook Public Library
402 E High St., Bound Brook, NJ 08805
- **Friday, August 3, 2018 at 6:30 –7:30 pm**
Franklin Township Public Library
485 DeMott Ln., Somerset, NJ 08873
- **Thursday August 9 2018 at 6:30 –7:30 pm**
North Plainfield Middle School
33 Mountain Ave., North Plainfield, NJ 07060
(Spanish Only)
- **Monday, August 14, 2018 at 6:30 –7:30 pm**
North Plainfield Memorial Library
6 Rockview Ave., North Plainfield, NJ 07060

