

Bring Vegetables to the Table: A Celebration of the Harvest

**A 'Functional Foods for Life Series' Educational Program
From Family & Community Health Sciences**

Thursday, November 19, 2009

10:30 a.m.-Noon

Ted Blum 4-H Center, 310 Milltown Rd., Bridgewater, NJ 08807

Fee: \$6.00 single, \$10.00 couples; call to register

New Jersey is “The Garden State” and nothing tastes better than fresh vegetables. This class will highlight vegetables and their health benefits and provide delicious recipe ideas. Class includes recipes, taste-testing and door prizes.

Optional: We will also accept donations of canned or packaged food for the Rutgers Against Hunger (RAH) project. These donations will go to the local food bank.



For more information call 908-526-6295, option #2

Reserve your space today !

Registration limited

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Registration Form

Please make checks payable to FCS and mail to FCHS, 310 Milltown Road, Bridgewater, NJ 08807

Fee: \$6.00 single, \$10.00 couples

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____