



JUST SAY YES TO FRUITS AND VEGETABLES

Unirse a nuestro taller gratuito y divertido para aprender más acerca de:

1. Como planificar el valor de un día de comidas siguiendo las recomendaciones de MyPlate.
2. Como analizar maneras de incluir más frutas y verduras en su plato.
1. Como identificar maneras de incluir más actividad física en tu vida diaria

Join our free and fun workshop to learn more about:

1. How to plan meals following the recommendations of MyPlate.
2. How to include more fruits and vegetables on your plate.
1. How include more physical activity in your daily life

**Cada dos Miércoles a partir del 19 de enero a las
10:30 AM**
**Every other Wednesday starting January 19th at
10:30 AM**

ZOOM: [https://us06web.zoom.us/meeting/register/tZYlceCsqD8iGNd3FFSt0E71Fspk
BhUnGacl](https://us06web.zoom.us/meeting/register/tZYlceCsqD8iGNd3FFSt0E71FspkBhUnGacl)

New Jersey Department of Human Services | New Jersey Department of Health
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