

PreK-5th FAMILY NIGHT!

Children's Nutrition

Thursday February 9, 2023
6:00-8:00pm
Holman Elementary School
all-purpose room
125 Manhattan Street
Jackson, NJ 08527

Investigation 2: What should be on my child's plate?
Presented by the Nutrition Education Team at
Community Food Bank of NJ

RSVP by January 26

[RSVP](#) TO FAMILY NIGHT HERE

Scan the QR code to
RSVP to Family Night!



A Nutrition Educator will offer their knowledge on the new "MyPlate" and teach how to purchase & create healthy, budget-friendly meals and beverages for children, followed by a hands-on cooking class!

Presented in English & Spanish



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BY JACKSON
PRESCHOOL
AND OUR
COMMUNITY
PARTNERS.

Questions? Call- 732-833-4677

Featuring our community partners at WIC who will teach more about oral hygiene & offer nutrition, breastfeeding and healthcare services.



FREE Child care services will be available for ALL aged children at NO COST.