



North Plainfield Residents

Summertime & 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

**Robert Wood Johnson
University Hospital
Somerset**

RWJ
Barnabas
HEALTH

RUTGERS
New Jersey Agricultural
Experiment Station
■ Cooperative Extension
Somerset County

**Attend one of these free sessions to
get your \$15 family voucher**

- **Tuesday, August 14 6:30 - 7:30pm**
North Plainfield Memorial Library
6 Rockview Ave
North Plainfield, NJ 07060

**Children are welcome; but child care will not
be provided.**

One \$15 Farm Market Voucher per Family



Residente de North Plainfield

Seminario de Frutas & Vegetales

Comer saludable es fácil con la ayuda de su mercado agrícola. Aprenda a seleccionar y utilizar más frutas y vegetales para cocinar comidas y meriendas saludables.

Aprenda acerca de los beneficios de incorporar frutas y vegetales en su dieta. Se brindaran recetas y consejos de preparación. **Cada familia recibirá un cupón de mercado agrícola por \$15 para usar en frutas y vegetales frescos.**

Presentado en colaboración por

Familia y Ciencias de la Salud Comunitaria,
Extensión Cooperativa de Rutgers del Condado de Somerset

Asista a una de estas sesiones gratuitas para obtener un cupón de Mercado Agrícola de \$ 15

- **Jueves, 9 de Agosto 6:30-7:30 PM**
North Plainfield Middle School
33 Mountain Avenue
North Plainfield, NJ 07060
Spanish Only
- **Martes, 14 de Agosto; 6:30 - 7:30 pm**
North Plainfield Memorial Library
6 Rockview Ave
North Plainfield, NJ 07060

Un cupón de mercado agrícola de \$15 por familia.

Los niños son bienvenidos, pero no se proporcionará cuidado infantil.

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