



Research shows that the Mediterranean diet allows people to live a healthy lifestyle to a ripe old age!

This session will focus on the basic strategies that you can incorporate into your daily routine.

Learn what you can do today to incorporate more fruits, vegetables, and healthy fats into your menu planning.

Speaker: Joanne Kinsey, FCHS Agent

Rutgers Cooperative Extension of Ocean County

1623 Whitesville Road

Toms River, NJ 08755

NO PROGRAM FEE
Registration is required

Please call 732-349-1247 - by Friday, April 6th

<http://ocean.njaes.rutgers.edu/>

Mediterranean
Food Pyramid

