



JUST SAY YES

TO FRUITS AND VEGETABLES

JUST SAY YES TO FRUITS AND VEGETABLES (JSY) is a free nutrition education program for (SNAP) recipients and applicants. The JSY program offers a series of thirteen workshops that provide practical nutrition information in a way that is fun and easy to understand. Each workshop has a nutrition talk and a recipe discussion.

LESSON TOPICS

**Cooking Matters at the Store: November 29th
6-7 PM**

MyPlate: December 6th 6-7 PM

Nutrition Facts Label: December 13th 6-7 PM

Stretching Food Dollars: December 20th 6-7 PM

**All classes will be hosted live on the library's
Facebook page:**

<https://bit.ly/Newarkpubliclibrary>

CONTACT/REGISTRATION

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