

NUTRITION

FOR PEOPLE WITH
DISABILITIES

10:30 TO
11:30 AM

629
AMBOY AVE
EDISON, NJ

THURSDAY
OCT 19TH

Empty calories...
What are they?

Nutrition labels...
What does all that information mean anyway?

Eating healthy...
I'm not a fan of cooking, so how can I make more nutritious food choices?

Having some basic tools and information to help you make healthy choices and knowing how to prevent illness is a key part of staying well. Join us for some helpful tips on nutrition, meal planning, grocery shopping, making healthy substitutions, portion sizes and more. Presented by Colleen Roche of the NJ Division of Disability Services.

This workshop is intended for people with disabilities who may be living on their own for the first time and/or those who may not feel comfortable in the kitchen or grocery store.

RSVP
LKOPPISCH@ADACIL.ORG
ADACIL.ORG
732-738-4388