



**FREE
GIVEAWAY!**

Dinnertime Struggles Solved:

**QUICK, HEALTHY &
CHEAP MEALS YOUR
FAMILY WILL LOVE**



WHAT TO EXPECT:

- LEARN HOW TO EAT HEALTHY WITH MYPLATE.
- EXPLORE DIFFERENT LOCATIONS TO GROCERY SHOP.
- IDENTIFY WAYS TO ELIMINATE BARRIERS TO HEALTHY EATING.

10/16/2024

4PM-5PM

**CAMDEN COUNTY LIBRARY SYSTEM:
WILLIAM G. ROHRER MEMORIAL
LIBRARY - HADDON TWP BRANCH**

**15 MacArthur Blvd,
Haddon Township, NJ 08108**

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