



Seasonal Eating

With *Chris Zellers, MPP*, FCHS Educator/Assistant Professor

Thursday, October 27, 2022 * 12:15 to 12:45 p.m.

This program will introduce participants to the benefits of seasonal eating, explain what seasonal eating is and provide recipes for seasonal meals and side dishes.

Register in advance for this program via Zoom at:

<https://go.rutgers.edu/6y1kdnbf>

County Employees who attend this class will earn 5 Wellness Incentive Points!



Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.