

Incorporating Meatless Meals

Virtual

Lunch & Learn



With *Chris Zellers*, FCHS Educator/Assistant Professor via Zoom

Chris will explain the benefits of meatless meals, teach ways to incorporate meatless meals into daily eating habits and provide recipes for plant-based meals.

Thursday, May 27, 2021 * 12:15 to 12:45 p.m.

Register in advance for this program at:

<https://go.rutgers.edu/fbccslgc>

After registering, you will receive an email with information about joining the meeting.

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.