



PUT YOUR BEST FORK FORWARD

Cumberland Cape Atlantic YMCA National Nutrition Month Activities

March is National Nutrition Month! Join us during the month of March with Registered Dietitians, Ashley Bannister from Landis ShopRite and Kelsey DiVirgilio from Delsea ShopRite, for tabling, nutrition classes, and more! See below for more information!



Ask a Registered Dietician!

Kelsey—Wednesday, March 14 at 10:00 am

Ashley—Monday, March 19 at 10:00 am

Stop by our Front Lobby for information on healthy food choices, recipes, and more! Kelsey and Ashley will be available on the above dates for your health needs.

Nutrition 101

Kelsey—Thursday, March 15 at 10:00 am

This free nutrition class will help you learn the basics that are needed to kick start your healthy lifestyle, including MyPlate food groups, eating for general health, reading the Nutritional Labels and basic meal planning. Come to the SACC Room with any questions you may have! Space is limited, register today!

Family Activity

Ashley—Thursday, March 29 at 6:00 pm

Register with Member Services today! Join Ashley for a nutritional activity for families, located in the SACC Room. Don't miss out on the fun!