



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOOD SMARTS

4 Week Nutrition Program

Presented by: City of Vineland
Health Department

Choose **ONE** of the below class times:

MONDAYS 6:15pm-7:15pm*
(7/22, 7/29, 8/5, 8/12)

TUESDAYS 11:30am-12:30noon
(7/23, 7/30, 8/6, 8/13)

Program Fees: YMCA Members \$10; Non Members \$15



NEW DATES!

Registration
Required.

Each class includes a food demonstration & tasting, information, and activities.

Week 1: **Setting the Stage for Healthy Habits**

Week 2: **Building a Wholesome Diet**

Week 3: **Understanding Labels & Ingredients**

Week 4: **Best Practices for Healthy Living**

Limited Spaces Available. Must be at least 16 to register.

Attend **ALL 4** classes &
BE ENTERED TO WIN

**\$100 Kitchen Essentials
Gift Basket!!**

*For the Monday evening classes, participants with children 6 months to 10 years old may also register for Child Watch at an additional cost. Children 11-15 may participate in our Outdoor Fun Zone Activities. Parent is required to be present to check them in with Fun Zone Staff and pick them up after their class.

Cumberland Cape Atlantic YMCA

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