

# Just Say Yes to Fruits & Vegetables

**JUST SAY YES TO FRUITS AND VEGETABLES (JSY)** is a free nutrition education program. The JSY program offers a series of thirteen workshops that provide practical nutrition information in a way that is fun and easy to understand. Each workshop has a nutrition talk and a recipe discussion.



RWJUH

*proudly presents*

## Zakiya Stewart & Ashley Policastro

Nutrition Educators, Community Food Bank of New Jersey



**13 Weekly Virtual Sessions via ZOOM**

**Wednesdays at 1:00 pm**

**Aug 5, Aug 12, Aug 19, Aug 26, Sept 2, Sept 9,  
Sept 16, Sept 23, Sept 30, Oct 7, Oct 14, Oct 21 & Oct 28**

**To register please email [susan.capolongo@rwjbh.org](mailto:susan.capolongo@rwjbh.org)**

**Once registered you will receive an email the day prior to each session with the sign-on link.**