

March is National Nutrition Month

Nutrition 101

This Nutrition 101 Hot Topic series includes hands-on demos and tasting.

Week # 1 Breaking Up with Sugar

— navigating the Glycemic Index;

Week # 2 Healthy Food Shopping

— food shopping on a budget (Store Tour)

Week # 3 Super Spices

— using spices for health and as a replacement for salt

Week # 4 Losing Inches

— learn how-to eat healthy while losing inches

Week # 5 Get the Facts

— get the facts about dairy and alternatives

Monday's , 11:30 am to 12:30 pm. March 11,18, 25, April 1, 8 (5 weeks)

At the Gatehouse, Habernickel Park, 1057 Hillcrest Road .

\$75 per person (\$85 non resident)

Registration Form - Nutrition 101 –Hot Topics

Order online at www.ridgewoodnj.net/communitypass or in person/ by mail to

The Stable, 259 N. Maple Avenue, Ridgewood, NJ 07450

Please make checks payable to Ridgewood Parks and Recreation Tel: 201-670-5560



Name _____ Email _____ Dietary Restrictions _____

Address _____ Telephone _____

Emergency Phone _____ Check # _____ Total _____ \$ 75.00 (\$85 non-residents)

I, the participant assume all risks and hazards incidental to participation in the above Recreation activity. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and the amount covered by accident insurance.

Signature of Participant _____