

# FUEL YOUR BODY, PROTECT THE EARTH:

## The Power of Plant-Based Eating



**WEDNESDAY, APRIL 22**  
**12:30 PM-1:30 PM**

Long Hill Township Library  
917 Valley Road, Gillette, NJ

For more info & to register:  
[www.bernardshealth.org](http://www.bernardshealth.org)



- 🌿 Discover sources of plant-based protein
- 🌿 Learn how to eat a more plant forward diet
- 🌿 Discuss ways to reduce food waste
- 🌿 Take home nourishing recipes

**Presented by: Tara Tomaino, RD**