

PRESENTS

BEYOND THE TABLE

Nutrition From Farm to Fork



March is National Nutrition Month and this month's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets – and even home food safety and storage practices.

Learn how much of an impact you can make on your nutritional health as well as on the environment.

**WEDNESDAY
MARCH 27, 2024**

11AM - 12PM

**Rockland County
FIRE TRAINING CENTER
AUDITORIUM
35 Firemen's Memorial Dr
Pomona, NY 10970**



2024 NATIONAL NUTRITION MONTH

A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS

- *Nutrition education*
- *Learn about sustainability*
- *Test your nutritional knowledge*
- *Light refreshments*
- *Giveaways*

GUEST SPEAKERS INCLUDE:

 **Rockland County**
HEALTH

 **Rockland Green**
Reduce
Recycle
Recover
Rockland County Solid Waste Management Authority

 **Cropsey
Community Farm**
A PROJECT OF ROCKLAND FARM ALLIANCE

**REGISTRATION REQUIRED
CALL 845-364-2110 or 845-364-2100**

*For Rockland County residents, 60 years of age and over.