NEW PROGRAM: Every Wednesday March 7 to April 11, 2018  6-8 PM
at American Legion Post 65, 17 Calvin Place, Metuchen, NJ

VETS CHAT & CHEW: A PROGRAM FOR VETERANS,
ACTIVE MILITARY & SPOUSES


VETS CHAT & CHEW is a program designed for veterans, active military & spouses to come together and learn about food, how it can make you feel, cook it, share the meal together and make some new friends at the same time.

EVERY WEDNESDAY 6-8 pm, March 7 to April 11, 2018
CLASSES BEGIN PROMPTLY AT 6 PM
At
American Legion Post 65
17 Calvin Place
Metuchen, NJ
TO RESERVE A SPACE:
CONTACT: ANNE BURNS
201-592-1130
vetschatandchew@gmail.com
WWW.vetschatandchew.com
Like us on facebook

The program consists of six 2 hour sessions, one time per week for 6 weeks. Food information will be introduced that can help you start to feel better. You will create and share meals together and learn food lifestyle changes from the techniques of a nutrition consultant. You will learn how to cook meals from a professional chef. Healthy, simple and inexpensive recipes will be introduced. All activities are designed to modify behavior and teach nutritional techniques that can be used for the rest of your life.

12-15 PARTICIPANTS PER GROUP

We will give you $20 for travel and provide ingredients of the meal to take home after each session

Anne J. Caudal Foundation, Bank of America, N.A.Co-Trustee, Chobani, ACME, PFG Metro NY Food Service