

The Pequannock Township Public Library presents:



Build a Better Plate With: Danielle Colombo

Friday, July 21st, 11 AM
Please call (973) 835-7460 to
reserve a seat

What does your typical plate look like? What's on it? Maybe some meat, some potatoes, rice or pasta. Maybe a couple slices of bread. Perhaps some vegetables. With thousands of different items being sold all across North America, the number of combinations of foods you can put on your plate is almost exponential. Knowing what to put on your plate for optimal health and performance has become a daunting task, but an ever more important one as every meal you have is either going to make you more or less healthy.

Join Ms. Colombo as she guides us on how to build a better plate. Ms. Colombo is a graduate from Montclair State University with a Dietetic/ Nutrition degree. She is extremely interested in helping people nutritionally and making people realize that everything we put into our bodies matters--physically, mentally and emotionally.



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