Navigating Grocery Shopping During Coronavirus

Thursday, April 16th 4:00pm-4:45pm
Heather Shasa, RD at ShopRite of Little Falls

Join us virtually where Heather will provide tips and resources on:

- First-hand perspective of grocery store buying
- Safe Shopping practices
- Shelf, Fridge, and Freezer staples
- Easy and nutritious recipes to create from pantry staples
- Assembly meal ideas if you do not feel like cooking/well enough to cook

There will be an opportunity for questions.

Pre-registration required. Sign up to receive the link at cancersupportcnj.org/registration