

RUTGERS

New Jersey Agricultural
Experiment Station

■ Cooperative Extension

March 4, 2016

March is National Nutrition Month! This year's theme is "Savor the Flavor of Eating Right." Rutgers Cooperative Extension of Cape May County reminds you of the importance of making informed food choices and developing sound eating and physical activity habits.

Rutgers Extension offers programs on nutrition and wellness throughout the year. For more information, please call 465-5115, ext. 609.

~

Rutgers Master Gardeners can offer advice, information & plant diagnostic services for residents and visitors with non-commercial questions on composting, environmentally sound gardening practices, gardening and household pest identification. Call Horticultural Helpline at 465-5115, ext. 660.

~

Vendors wanted for 4-H Fair, July 21, 22, 23. There are a variety of opportunities for vendors at this year's 4-H Fair. Applications may be downloaded at www.cmc4h.com or call 465-5115, ext. 605.

1766-2016
**RUTGERS
250**

*Revolutionary for
250 Years*

Agricultural and Resource Management Family and Community Health Sciences 4-H Youth Development Program

Upcoming Programs in Cape May County



Grandparents Raising Grandchildren "Coffee Fridays"

March 18, April 29, 10:30 – 11:30a.m.

Grandparents are invited to come learn about some of the resources and support available to them and share their thoughts and concerns. There is no charge for this program, however, please RSVP to 465-5115, ext. 609.



4-H Countywide Spring Equine Health Clinic

Saturday, March 19

Veterinarians and clinic volunteers travel throughout the county offering vaccinations to horses at a reduced fee. The clinic is open to all horse and pony owners in Cape May County. Please call Rutgers Cooperative Extension, 465-5115, ext. 605, for a registration packet.



Spring Wellness Series

April 5, 12, 19, 26 (4-week series)

Tuesdays, 6-7:30p.m.

Each class will focus on exercise, nutrition and wellness. Join us to begin creating a healthier lifestyle. Cost \$25, call 465-5115, ext. 609.



"From Hive to Honey"

Monday, April 18, 5:30 to 8p.m.

Learn the basics of keeping honeybees from local beekeeper, Jennifer Sawyer, as part of the year-long Gardening by the Seasons Workshops.

Dinner will be included, Cost \$20.

Please call 465-5115, ext 607.



4-H Horse Council 2016 Golf Tournament

Sunday, April 24, Avalon Golf Club.

Registration 11:30a.m., Shotgun 12:30p.m.

Benefits 4-H Horse Clubs and 4-H Memorial Scholarship Fund. Call 465-5115, ext. 606.



Grandparents Raising Grandchildren Program

Thursday, April 28, 5:30 to 7 p.m.

A light supper begins at 5:30p.m., program 6p.m.

Childcare is provided. There is no charge for this program, but registration is required. Please call 465-5115, ext. 609.

Rutgers Cooperative Extension of Cape May County

355 Court House-South Dennis Road
Cape May Court House, New Jersey 08210

Rutgers New Jersey Agricultural Experiment Station Cooperative Extension educational programs are offered to all without regard to race, religion, color, age, national origin, gender, sexual orientation, or disability.

