

# FAIR LAWN SENIOR CENTER

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## PICNIC PLEASERS



Presented by  
Kristiana Rufo, RD



At this program, Kristiana will cover essential topics on nutrition, food safety, and foodborne illnesses with regards to our favorite picnic foods. Eating nutritious and delicious foods are important; more so is that we keep our foods safe outside during the warmer weather. Included will be a great handout of places to picnic and a delicious sample of simple picnic fare! Registration is required.

**MONDAY, JULY 15, 2024 @ 11 a.m.**

The Senior Center offers a Noon lunch (\$1.25 suggested donation)  
and reservations should be made at least 24 hours in advance.