

**Get Moving-  
Get Healthy**  
*With New Jersey 4-H*



# Healthy Living Program

Exercise  
Challenge



Read the  
Label



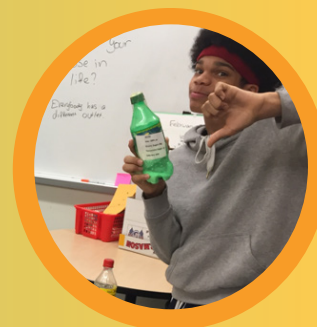
Join our interactive  
program and learn how to get moving,  
get healthy

- Youth and their families will learn:
- Easy snacks to make with their family
  - Fun and manageable ways to stay active
  - Simple ways to make healthier choices

Contact

[Passaic4H@njaes.rutgers.edu](mailto:Passaic4H@njaes.rutgers.edu)  
for information

Hybrid Program:  
Virtual Presenters, In-Person Youth



Think What  
You Drink



Healthy  
Plate

Your  
Company  
Logo Here

**passaic**  
COUNTY  
NEW JERSEY

**We R 4-H**