



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community... Transforming Lives

101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

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## PRESS RELEASE

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### Ocean County Library to Offer Healthy Eating Programs at Ten Branches

**TOMS RIVER** - The Ocean County Library will offer a series of healthy eating programs with guidance from ShopRite dieticians during April and May at 10 branches.

Four of the programs, entitled *Healthy Snacks*, are geared toward adults with special challenges and their caregivers. They will offer hands-on cooking demonstrations:

- Little Egg Harbor Branch, 290 Mathistown Rd., 609-294-1197, Friday, April 7, 11 a.m.
- Barnegat Branch, 112 Burr St., 609-698-3331, Thursday, May 4, 11 a.m.
- Lakewood Branch, 301 Lexington Ave., 732-363-1435, Thursday, May 11, 10:30 a.m.
- Berkeley Branch, 30 Station Rd., 732-269-2144, Monday, May 30, 11 a.m.

To register for *Healthy Snacks*, contact Lori Sansone at 609-693-8566 ext. 3926.

The following programs are geared toward children and their families. They provide fun, interactive demonstrations about healthy eating and how to make creative, healthy snacks.

- Toms River Branch, 101 Washington St., 732-349-6200, *Kids Growing Great*, Monday, April 17, 10:30 a.m.
- Stafford Branch, 129 N. Main St., 609-597-3381, *Science Explorers: Garden in a Glove*, Monday, April 17, 4 p.m.
- Manchester Branch, 21 Colonial Dr., 732-657-7600, *Creative Cooking with ShopRite*, Friday, April 21, 2 p.m.
- Jackson Branch, 2 Jackson Dr., 732-928-4400, *Cooking with Jenn Klein from ShopRite*, Wednesday, April 26, 10:30 a.m.
- Waretown Branch, 112 Main St., 609-693-5133, *Shop Rite Presents: Cinco de Mayo*, Friday, May 5, 2 p.m.
- Beachwood Branch, 126 Beachwood Blvd., 732-244-4573, *Healthy Cooking with Giavonna*, Monday, May 8, 7 p.m.

The programs are free and open to the public, but registration is required. To register for the children's and family events, please call the branches or visit [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org) and click on "Calendar of Events."