



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Tips for Healthful, Economical Holiday Dining at Ocean County Library Lacey Branch



LACEY TOWNSHIP – Does the thought of holiday meals cause stress for you? Are nutrition, food restrictions, or expenses a concern? Learn about “Healthy Eating on a Budget during the Holidays” at the Ocean County Library Lacey Branch, 2 PM Tuesday, October 24.

Registered Dietician Nutritionists Meg McCarthy-Klein and Matthew Holland of the Ocean County Health Department will discuss ways to enjoy satisfying, healthful holiday fare that’s kind to your wallet.

Among the topics for discussion are the creation of heart-healthy meals, fare that can accommodate diabetes patients, and tips for saving money when buying groceries.

Please register at www.theoceancountylibrary.org/events to attend this free program. For more information, visit the OCL Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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