



# Florence Township Recreation Committee

## PLANT-BASED POTLUCK MEAL



### **Sunday, March 29th 1:00 PM** **Florence Township Community Center** **69 Main Street, Roebling, NJ 08554**

Join NJveg and the Florence Township Recreation Committee for a plant-based potluck! Try a variety of plant-based foods and collect a few new recipes. Afterward, those interested will go for a hike along the Delaware River Heritage Trail.

Each individual in your party brings a plant-based (no meat, fish, dairy, eggs, gelatin, or honey) dish to share. Please bring about as much as you are going to eat along with the recipe or a list of ingredients. Water, coffee, and tea will be provided. To promote recycling, bring your own plate, cup, and utensils if possible (extra place settings will be available). For safety reasons, children under 12 must be under parental supervision at all times. Please make sure to check in when you arrive.

**NJveg** is an all-volunteer non-profit, 501(c)(3) corporation in New Jersey. Their mission:

- **Advocacy:** educating the public on the benefits of a plant-based diet via free literature, speakers, and providing support to those in transition
- **Social:** providing opportunities to volunteer, share meals, and join in other activities

This event is free, but reservations are suggested. For reservations or additional information contact:

NJveg (NJveg.org@gmail.com / text 609-557-7077)  
or Tony Pastore (tony@pastore.us / text 609-841-3835)

For more information on the Delaware River Heritage Trail visit:  
<https://delawareriverheritagetrail.org>.