

A Harvest Feast Culinary Gathering

HealthBarn USA is hosting A Healthy Harvest Culinary Gathering on **Friday, November 2** from **6:30-9:00 pm**. Indulge in the delicious harvest bounty homegrown from the organic garden and creatively prepared by Stacey Antine, nationally recognized cookbook author and her team. Enjoy this unique dining experience to satisfy your taste buds and learn healthy tips, too. Located with-
in the beautiful Habernickel Park, 1057 Hillcrest Road, Ridgewood, NJ.

What's on the Menu.

- Specially designed 5 plates of abundant harvest seasonal produce with organic free range chicken served up for the main dish (vegetarian options, too) and concluded with a chocolate surprise!
- Recipes will be distributed with nutritional analyses so you can make them at home.
- ***Dietary restrictions can be accommodated.*

Who's Invited.

- Come solo, with friends or your partner - all are welcome!
- Space is limited to 20 participants, so reserve today.
- **Tickets** are \$65 per person **must be purchased in advance** by reserving your space. Non-residents \$75.



About Stacey Antine, MS, RDN: She is a registered dietitian who holds a Master's of Science in Food, Nutrition and Dietetics from New York University. Stacy is the founder of HealthBarn USA and author of, [Appetite for Life: The Thumbs-Up, No-Yucks Guide to Getting Your Kid to be a Great Eater](#) – published by HarperOne. Expanding her commitment to help families eat healthier, she started [HealthBarn Foundation](#) and it's first project [Healing Meals](#), a food gifting program for families with ill children and seniors in need. She has been featured on [The Rachael Ray Show](#), named "women entrepreneur to watch" by Business Week, featured as "Our Hero" by the Academy of Nutrition and Dietetics for her dedication to children's health where she is also a member and honored as [Today's Honoree](#) by the #1 Blog for Recognizing the Works of Others

Registration Form-A Harvest Feast Culinary Gathering

Order online at www.ridgewoodnj.net/communitypass or in person/ by mail to
The Stable, 259 N. Maple Avenue, Ridgewood, NJ 07450

Please make checks payable to Ridgewood Parks and Recreation Tel: 201-670-5560



Name _____ Email _____ Dietary Restrictions _____

Address _____ Telephone _____

Emergency Phone _____ Check # _____ Total _____

November 2 _____ Number of Guests _____ @ \$ 65.00 (\$75 non-residents)

I, the participant assume all risks and hazards incidental to participation in the above Recreation activity. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and the amount covered by accident insurance.

Signature of Participant _____