



# Community Dinner

*Free hot meal includes soup, chicken, rice, vegetable and dessert*

Saturday, April 7<sup>th</sup> 5pm-7pm

Pine Plains Community Center

7775 S Main St Route 82, Pine Plains, NY



Meet our new Pine Plains Provider, Raya Ariella, FNP

HRHCare, in partnership with Eat Smart New York, is asking diners to bring in healthy food items to support a “Nourish Your Neighbor” food drive in Eastern Dutchess

Please consider donating:

Brown Rice, Rolled Oats, Whole Grain Pasta  
100% Fruit Juice, Dried Fruit, Applesauce  
Dried Beans, , Peanut Butter, Nuts  
Canned Vegetables, Tomato Sauce, Salsa



**For more information call: Krista Miller 845-838-7038 x69017**



# Cena de la Comunidad

Comida Caliente gratis – sopa, pollo, arroz, vegetales y postre

Sabado, 7 de abril a las 5pm-7pm

Pine Plains Community Center

7775 S Main St Route 82, Pine Plains, NY



Conozca a nuestro nuevo medico de Pine Plains, Raya Ariella, FNP

HRHCare, en sociedad con Come Inteligente New York , esta pidiendo a los comedores que por favor traigan articulos de comida saludables para apoyar a “Alimentando a tu Vecino” en la recaudacion de alimentos en el Oriente de Dutchess.

Por favor considere donar:

Arroz integral, copos de avena, pasta de grano integral  
Jugos de 100% fruta, fruta seca, compota de manzana  
Frijoles secos, mantequilla de mani, nueces  
Vegetales en lata, salsa de tomate, salsa



**NOURISH YOUR NEIGHBOR**  
A Healthy Food Drive Initiative

**Para mas informacion llamar a: Ed Frederick 845-206-7526**