

PUBLIC LIBRARY OF NEW LONDON  
63 Huntington Street, New London CT 06320

**For Immediate Release**

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The Fresh Crunch

New London, CT, Tuesday, August 22, 2017 – Learn how to make healthy salads with Kaitlyn Bennett, RD CDN, Retail Dietitian for ShopRite of New London at the Public Library of New London Tuesday, August 22 from 5:30PM to 7:00PM in the Community Room. Kaitlin will be sharing healthy summer eating tips and discussing ingredients. Participants will be able to sample salads and discuss their nutrition and ingredient questions and thoughts.

For more information or to register, please contact the Reference Desk at 860-447-1411 x5, or go to the library's website at [www.plnl.org](http://www.plnl.org)