



Join Us For A
~Lunch N' Learn~

Cheryl Komline, MS, RD
Public Health Nutritionist
Bernards Township Health Department
presents:

“Making Sense of Nutrition Facts on Food Labels”

People look at food labels for different reasons...calories, fat, sodium, sugar, serving size, etc. Many consumers would like to know how to use this information more easily and effectively. Come learn how to read & use nutrition labels to make quick, informed food choices that contribute to a healthy diet.

Date: Monday, February 1st, 2010

Time: 12:00pm – 2:00pm

Place: Chester Library

Cost: FREE!

Complimentary luncheon is served.

Must register by calling the library: 908-879-7612

Sponsored by The Senior Resource Center

50 Route 24, Chester, NJ 07930 ~ 908-879-2202 ~ www.seniorresourcecenter.org