



Food Label 411

Virtual Program Sponsored by the Ocean City Public Library

Nutrition Facts	
Serving Size 1/4 Cup (113g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 460mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 0%

*Percent Daily Values are based on a diet of other people's secrets.

Thursday
March 18, 2021
7 p.m. - 8 p.m.

FREE & Open to the Public!

Presenter:

**Chris Zellers, FCHS Educator/Assistant Professor,
Cape May County**

Participants will learn...

- how to read a Nutrition Facts label
- where to find secret ingredients of a label
- clues to know what is going in their body before they even take a bite

Register at: <https://go.rutgers.edu/65wyt9ve>
Once registered, you will receive Zoom log on instructions

**For information, call Julie at 609-399-2434, ext. 5222
or Email: jhoward@oceancitylibrary.org**

County Employees who attend this class will earn 5 Wellness Incentive Points!