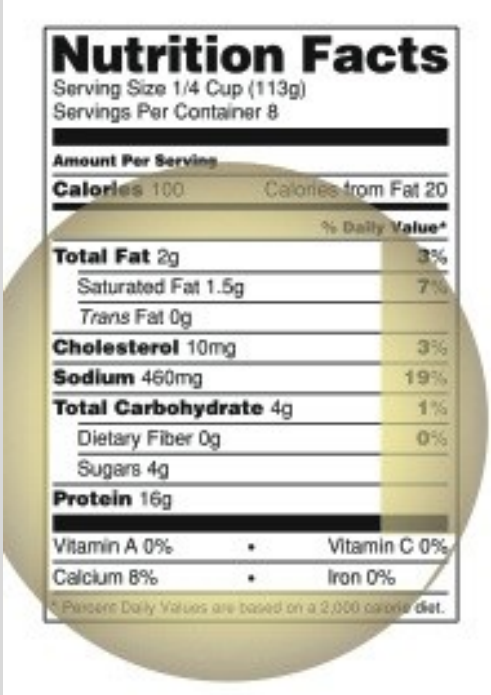
RUTGERS
New Jersey Agricultural Experiment Station
Cooperative Extension

FCHS
Family & Community Health Sciences

Food Label 411

Virtual Program Sponsored by the Ocean City Public Library



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!