

# *Portion Distortion*

*Virtual*

## *Lunch & Learn*



Portion Distortion will focus on the pit-falls of large portions, how to know correct portion sizes and tricks for making portions satisfying.

Join *Chris Zellers*, FCHS Educator/Assistant Professor as she talks about the importance of learning correct portion amounts

Thursday, October 29, 2020 \* 12:15 p.m. to 12:45 p.m.

**Register at:** <https://go.rutgers.edu/lwc75jq6>

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

**RUTGERS**  
New Jersey Agricultural  
Experiment Station  
■ Cooperative Extension

**FCHS**  
Family & Community  
Health Sciences

  
The Cape May County  
Board of Chosen Freeholders