

UNDERSTANDING THE NUTRITION LABEL: VIRTUAL SESSION



In Collaboration with Rexdale
Community Health Centre



REXDALE
COMMUNITY HEALTH CENTRE



Tuesday, April 9, 2024
11:30 a.m. - 12:30 p.m.

Join our presentation to learn the basics of reading nutrition labels. We'll break it down in simple language, helping you grasp what's in your food.

In this virtual session, you will:

- Discover how to spot hidden ingredients
- Understand serving sizes, % daily value, etc.
- Learn how to make informed choices at the grocery store

Register by phone or email:
(905) 677-0007 Ext. 5233
MaltonNIC@achev.ca

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