

*Somerville Council on Aging
Wednesday Nutrition Class for October*

Understanding the Food Label and the Fine Print



So many of us look at items on shelves, glance at the food label but have no idea what we are looking at. Join us in reading the food label and understanding what you are looking at. Also, what is the fine print under the label that you may or may not need a magnifying glass to read!

- What is in the package
- Understand the grams and percentages
- Knowing what is enough and are you getting what you need
- What are the ingredients in fine print and what do they mean

Classes will meet Wednesdays, October 19th, October 26th and November 2nd
at the Holland Street Center from 10:00am – 11:00 am.

**Class space is limited please contact Mary at 617 625-6600 ext. 2316 or
headtofitness10@yahoo.com**