



# DO YOU KNOW WHAT TO LOOK FOR WHEN YOU'RE SHOPPING?



## LEARN TO READ A FOOD LABEL

Wednesday, January 8th

10am-12pm

Holland St. Center



**Looking at the FOOD LABEL can be very confusing, so let's take the guesswork out, so that we can make smart food choices.**

***RSVP TO Mary at 617 625-6600 ext. 2316 or  
headtofitness10@yahoo.com***

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at [somerviva@somervillema.gov](mailto:somerviva@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or [apomeroy@somervillema.gov](mailto:apomeroy@somervillema.gov).