

The New “Nutrition Facts” Food Label is Coming !

Monday, October 13, 2014 | 11:00 AM—12:30 PM

Join us to learn about the proposed changes to the Nutrition Facts food label. We will take a closer look at the new design, serving size changes, and the addition of added sugars, potassium, and vitamin D. These are just a few of the features we will discuss that will certainly help all of us make better informed food choices.

Location: Forest Public Library
905 South Highway 314A, Ocklawaha

Cost: FREE, register to receive program packet

Registration: Please call (352) 438-2540

Instructor: Nancy Gal, Extension Agent IV

