

## **Learn How To Read Food Labels**

Save money on your grocery bill and buy healthy food items by learning how to read and understand the food label. Smart and Healthy Supermarket Tour are presented by University of Florida, IFAS, Sumter County Extension Family and Consumer Science Agent Martha Maddox, on a regular basis.

The session and tour will include the overview of My Pyramid, how the food label relates to you and how to find your own nutrient needs, how to read the food label and determine what a serving size is. Learn to create a well balanced diet using the 2,000 calorie basis. Individuals will learn label lingo and understand nutrition facts before they head to the Supermarket for a tour of the grocery department to put their label reading skills to the test. The classes and tours will be opened to the first 25 individuals who sign up. Pre registration will be required. For more information or to sign up for the next session call the Sumter County Extension Office at 352-793-2728. **Watch this website for upcoming lecture and tour dates.**