



# Reading Food Labels

Food labels give you information to compare foods and make healthier choices. They can also be really confusing! Join a Dietitian to learn about:

- Reading food labels and understanding the nutrition facts table
- Nutrient and health claims
- What is in the food you eat
- Building skills to help you make the healthiest choices at the grocery store

Class Type	Date	Time	How to Register
Online	Thursday, November 16	12:00 p.m. – 1:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone
	Thursday, December 14	9:00 a.m. – 10:00 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
	Monday, December 18	12:00 p.m. – 1:00 p.m.	<a href="#">Register online</a> or call 1-877-314-6997 Hosted by Central Zone

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

