

# HEALTH EDUCATION SERIES

# Free Event!

Featuring Guest Presenter:

**MACKENZIE FEMREITE**

**Nutrition Advisor**

**University of Idaho Extension Eat Smart Idaho**

Topic:

**UNDERSTANDING**

**FOOD LABELS**

**AND A HEALTHY DIET**

**August 8, 2013**

**6:00 p.m.**

**Snake River Community Clinic**

**215 10th Street, Lewiston**



You probably already use the nutrition facts label in some way— maybe to check for calories, fat or sodium content. But, the more familiar you are with the information, the more you'll want to use it daily to ensure you're eating a healthy balanced diet. Source: U.S. Food and Drug Administration.

<http://www.fda.gov>



**Public Health**

Idaho North Central District

For more information, contact Deb Merica at

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[www.idahopublichealth.com](http://www.idahopublichealth.com)