



FOOD LABEL

1. The last time you shopped, did you use the “Nutrition Facts” on the food label to choose foods?

- Yes
- No

2. The next time you go shopping, will you use the “Nutrition Facts” on the food label to choose foods?

- Yes
- Maybe
- No

Please share with us how this workshop will help you and your family:

(ITC 2/22/13: food label)



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