

A program about food for teens, tweens and their parents presented by:  
The Guilford Free Library, Guilford Youth & Family Services and The Women  
& Family Life Center:



**VS**



## The Food Facts WILL Surprise you!

Thursday April 1, 2010 at the Guilford Free Library

7:00 pm-8:30 pm

Ages 9-12 and bring a parent

What are your favorite foods? Are you interested in learning how to read food labels and eat healthier while eating fun foods? Come share your favorite foods—literally! Bring two favorite foods(or their empty packages) and discuss the yucks and yeahs about healthy eating. Invite your parents along so they can listen—and learn something too!

Lead by Merrie Buchsbaum of Family Nutrition for Life. Merrie has a Masters Degree in nutrition and is a former teacher.



~Free and open to all  
~Register by calling 203-453-8282 or  
visiting [www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org)

~Guilford Free Library~67 Park Street~Guilford, CT 06437~  
~203-453-8282~[www.guilfordfreelibrary.org](http://www.guilfordfreelibrary.org)~