


# September Label Reading Challenge

Nutrition Facts Labels are on pre-packaged foods and have the information you need to make healthy choices throughout your day.

The labels are broken down into multiple categories. Please see the attached handout to learn more about reading Nutrition Facts Label.

Throughout the month, try to complete the squares below for a BINGO-style challenge.

I reviewed the Nutrition Facts Label handout attached to this form!	I read nutrition facts labels in my pantry	I read nutrition facts labels on my freezer foods	I read nutrition facts labels in my fridge	I went grocery shopping and looked at nutrition facts labels
I compared nutrition facts labels for similar foods	I portioned out my food based on serving sizes listed on nutrition facts labels	I chose not to buy a food after reading the nutrition facts label	I was surprised by the amount of sugar on a nutrition facts label	I made a healthier choice after reading a nutrition facts label
I made a healthy swap for my usual food after reading the nutrition facts label	I read the nutrition facts labels on sugary drinks	<b>FREE SPACE</b> 	I chose to only have one serving of a food after reading the nutrition facts label	I chose not to eat a food after seeing the Saturated Fat on the nutrition label
I was surprised by the protein content on a nutrition facts label	I was surprised by the serving size on a nutrition facts label	I shared information about nutrition facts labels with someone else	I was surprised by the amount of fat on a nutrition facts label	I made a healthier drink choice after reading the nutrition facts label
I was surprised by the % DV on a nutrition facts label	I looked at the calories on a menu and made a healthy choice	I was surprised by the sodium content on a nutrition facts label	I found myself looking at the nutrition facts label before deciding to eat something	I feel empowered to make healthy choices after reading nutrition facts labels

Name: \_\_\_\_\_  
 Department: \_\_\_\_\_

Turn in completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by October 10th.