

August 14, 2020

Rutgers Cooperative Extension of Cape May County Family and Community Health Sciences Program Offers Virtual Lunch & Learn Programs

Cape May Court House, NJ – Rutgers Cooperative Extension of Cape May County Family and Community Health Sciences (FCHS) Program will debut a new Lunch & Learn series later this month. The Lunch & Learn programs will be offered virtually on the last Thursday of the month from 12:15 to 12:45 p.m., except during the months on November, December and June. *Food Label – 411* will be the first program to take place on Thursday, August 27, 2020.

The Lunch & Learn series presented by Chris Zellers, Cape May County FCHS Educator/Assistant Professor, will allow participants to eat their lunch while they learn in their offices or at home.

Food Label – 411 will teach participants the benefits of reading food labels, what food labels tell us, and deciphering packaging deceptions. Zellers said, “Food packaging can sometimes be misleading and reading food labels provides a better understanding of what is in the product to keep us healthy.”

Additional virtual Lunch & Learn programs in 2020 include *Wellness Balance* on September 24th and *Portion Distortion* on October 29th. Sessions will be recorded and available for the public to view on the RCE of Cape May County You Tube channel.

To register for Food Label – 411 on Thursday, August 27, 2020, go to <https://rutgers.webex.com/rutgers/onstage/g.php?MTID=ed67b21e13d0d5f81bf8b7248da6491a5>

Rutgers Cooperative Extension is not providing in person programming at this time, however, virtual programming is being offered. Please follow us on Facebook at CMC RUTGERSEXT for the latest program details. Also, for up to date information on the Cape May County Family and Community Health Sciences Program, visit capemay.njaes.rutgers.edu.

Rutgers Cooperative Extension of Cape May County helps both youth and adults improve their knowledge and skills, enhance their quality of life, and resolve problems in areas of food, nutrition, health and wellness; food safety; agriculture; environmental and natural resource management; and youth development. This is accomplished through the use of science-based knowledge and university research. Rutgers Cooperative Extension's education programs are offered to all without regard to race, religion, color, age, national origin, gender, sexual orientation or disability.

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