RENAISSANCE WEST COMMUNITY INITIATIVE

SOUTHMINSTER

UNC CHARLOTTE Gerontology Program

# Engage With Age

Engage with Age is a two-year partnership, initiated and funded by Southminster, in collaboration with UNC Charlotte and the Renaissance West Community Initiative to help decrease social isolation among elders in community and increase opportunities for intergenerational engagement.

## Nutrition with Southminster: Label Reading and Smoothie Making

After a successful interest meeting, Southminster will be back at The Retreat to launch its hands-on nutrition classes! During this first class, you will learn the importance of reading labels and explore the art of smoothie making. You will also have the chance to sample alternative milks such as almond, soy, and rice. This session will be perfect for you as you build healthier lifestyle practices into your every day life.

**Pre-Registration is Required by Friday, September 6th, 2019**


Sample Label for Macaroni and Cheese

Start Here

**Nutrition Facts**

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

| Calories 250 | Calories from Fat 110 |
|---|---|
| | % Daily Value* |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| *Trans* Fat 1.5g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

5% or less is low

20% or more is high

***WHERE:***
***The Great Room at The Retreat***
***3240 New Renaissance Way***

***WHEN:***
***Tuesday, September 10th, 2019***

***TIME:***
***2:00pm-3:00pm***

***Pre-Register at the Engage With Age Program Line!***
***704-714-3800***

***There is no cost to attend, but you must register in order to participate.***

# *Engage with Age* Program