Demystifying food labels

This is an in-person event

Date April 30, 2025

Time 6:30 pm to 8:00 pm

Location Third floor program room

Event type   General,   Lifelong learning

REGISTER

Event overview

April 30, 2025

6:30 pm to 8:00 pm

The real truth about a food product lies in the ingredient list; but what if that list is full of unrecognizable or unpronounceable words? It can take hours to read labels at the grocery store, just so we can ensure that we're eating healthily. On top of that, we also want to spend wisely and not sacrifice taste.

In this food literacy program, join us to learn quick strategies for deciphering product ingredients and knowing exactly what's in the food you're buying.

The program will be led by Tanya Vipond, facilitator of the Capilano Cooking Cooperative at the Capilano Community Services Society; and Rubina Jamal, who has worked with community-based organizations to improve access to healthy food.

Registration is recommended, but drop-ins may be allowed if space permits.

Questions? Email info@nvcl.ca or call 604-998-3450.

REGISTER

Calendar

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Next Events

Open door community hub

[Wednesday open door community hub](#)

Wednesday, April 2, 2025, 9:00 am to 12:00 pm

[Go to event](#)

Children

[Toddler storytime](#)

Wednesday, April 2, 2025, 10:00 am to 10:30 am

[Go to event](#)

Seniors & tech

[Seniors' device clinic](#)

Wednesday, April 2, 2025, 10:00 am to 11:30 am

[Go to event](#)

Teens and tweens

[Teen open space](#)

Wednesday, April 2, 2025, 3:00 pm to 6:00 pm

[Go to event](#)

Collaboratory

Collaboratory club

Wednesday, April 2, 2025, 3:45 pm to 4:45 pm

[Go to event](#)

Book clubs

Adult book club: "The Book of Charlie"

Wednesday, April 2, 2025, 7:00 pm to 8:30 pm

[Go to event](#)

Teens and tweens

Teen Advisory Council

Wednesday, April 2, 2025, 7:00 pm to 8:30 pm

[Go to event](#)

Technology classes

Farsi technology drop-in help

Thursday, April 3, 2025, 2:00 pm to 3:30 pm

[Go to event](#)

Teens and tweens

[Teen open space](#)

Thursday, April 3, 2025, 3:00 pm to 6:00 pm

[Go to event](#)

Teens and tweens

[Teen open gaming](#)

Thursday, April 3, 2025, 3:30 pm to 5:30 pm

[Go to event](#)

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