



## Reading Food Labels to Become Better Shoppers

Christine Burns, RN, of Waveny/Visiting Nurse & Hospice, gave an outstanding presentation full of practical, easy-to-implement tips on how to read nutrition labels and ingredients lists on food packages to make healthier choices

### Here are some of the important takeaways:

- Other than the nutrition label, the ingredients list and the word “organic,” all other language on a food package is marketing. Terms such as “all-natural” and “energy-boosting” are empty verbiage.
- Use the nutrition label to help limit less desirable ingredients, such as sodium, added sugar, saturated fat, hydrogenated oil, and trans fat.
- Concentrate on more desirable ingredients, such as **protein, fiber, unsaturated fat, vitamins and minerals.**
- Ingredients are listed in order of percentage within the product. “Made with whole wheat” is confusing; it could mean that whole wheat is the fourth or fifth ingredient on the list. If **“whole wheat”** is the **first ingredient on the list, then that’s the primary ingredient.**
- The nutrient information pertains to the given serving size. If a serving size is one cup and you consume two cups, the calories and nutrient information must be doubled.

**Stay tuned for further valuable presentations in the months to come!  
You won’t want to miss any of them.**

P.O. Box 46 | Wilton, CT 06897 | 203-762-2600  
[www.stayathomeinwilton.org](http://www.stayathomeinwilton.org)

  
**STAY at HOME**  
*in Wilton*  
*Supporting a Vibrant Senior Community*



## Timely Tips for Members from Stay at Home Handyman Kevin Kane

One of the many volunteer services Stay at Home provides is technical or mechanical assistance to help maintain comfort and improve safety in your home.

### Examples of what we can do include:

- Replacing light bulbs and batteries
- Installing or replacing smoke alarms
- Faucet or toilet repairs and adjustments
- Basic electrical adjustments such as lamp rewiring or fixture replacement
- Caulking and weather sealing
- Painting small areas
- Door knob adjustment or replacement
- Assembling furniture or newly purchased items
- Picture hanging
- Drape or blind repairs/replacement
- Moving furniture

**To Schedule handyman help,  
call: 203-762-2600**



If a Stay at Home volunteer is not able to do the requested job because of its size or complexity, we can be a “sounding board” by offering an opinion on possible solutions or next steps. We can also refer you to a trusted electrician, plumber or appropriate tradesperson to assess the work needed. **Questions are free!**