



# Portion Distortion

We all know portion sizes have increased in the past 20 years, but do we realize how much?

**Wednesday, March 10th**

**5:30 –6:30 PM**

**The Jones Zone @ B.F. Jones Memorial Library**

Join Mary Alice Gettings, Registered Dietitian with Penn State Cooperative Extension, as she travels through time and reflects how we've gradually increased our calorie intake over the years without even noticing. Simply being aware of calories in the typical portion sizes of 2010 may help us on the road to making healthier choices.

**Pre-registration is required.**

**Your name will be entered in a raffle to win a \$25.00 Giant Eagle Gift Certificate — sponsored by the Friends of the Library.**

~Raffle winner must be present to win~

Please call (724) 375-2900 ext. 108 or email [rlong@beavercountypa.gov](mailto:rlong@beavercountypa.gov)