



Virtual Grocery Store Tour

What can I expect to learn?

In this interactive class, you will learn how to read and understand food labels and ingredient lists.

You will learn:

- How to plan a healthy grocery list
- How to avoid impulse buys
- How to read nutrition labels and understand the nutrition facts table
- Skills to help you make the healthiest choices at the grocery store
- Tips for saving money when grocery shopping

This class is for anyone who wants to grocery shop in a healthy way.

How many classes are there?

One class for 1 hour

How is this class being offered?

Over Zoom

Who can register for this class?

This class is restricted to adults who live in [South Zone](#).

How can I register for this class?

Call 1-866-506-6654 or 1-866-795-9709.

