

# Grocery Shopping Workshop



## An Interactive Grocery Store Tour with our Registered Dietitian

### Learn Tips & Strategies to make Informed Choices when Grocery Shopping

- Decoding the Nutrition Facts Table
- Understanding Product Nutrition Claims
- Balanced Eating and Budget Choices
- Making the Best Choice for You
- YOUR QUESTIONS

To register for this **FREE** session, please call Central Brampton FHT  
at **905-456-7111** or inquire at reception

### When:

Tuesday October 16

### Time:

5-6:30pm

### Where:

Fortino's

(60 Quarry Edge Dr)

\*Meet inside the store (entrance  
closest to Scotiabank)