



# 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 Family Health Team at **905-456-7111**

**When:**

Tuesday November 5<sup>th</sup>, 2019

**Time:**

5:00PM-6:30PM

**Where:**

Fortino's

(60 Quarry Edge Dr)

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