



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:

March 23rd, 2020

Time:

5:00PM-6:30PM

Where:

Fortino's

(60 Quarry Edge Dr)

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