

# Virtual Grocery Store Tour

## What can I expect to learn?

- Practical skills to help you make the healthiest choices at the grocery store
- How to read and understand food labels, ingredient lists, and the nutrition facts table
- How to plan a healthy grocery list
- Ways to avoid impulse buys
- Tips for saving money while grocery shopping

## How many classes are there?

1 class for 1 hour

## How is this class being offered?

Over Zoom as an interactive class

## Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

## How can I register for this class?

For more information about class schedules or to register, phone toll free 1-866-506-6654 or 1-866-795-9709