



GROCERY STORE TOURS

March is Nutrition Month and the Timiskaming Registered Dietitians want to offer you the chance to take a grocery store tour!

- Do you feel confused about food labels and what is healthy at the grocery store?
- Have you ever come out of the grocery store with more things than what you planned?
- Do you wish you could save more in your groceries bill, while still eating healthy?

Join a Registered Dietitian and learn how to make the best choices at the grocery store! Resources will also be provided!

DATE	TIME	LOCATION	DIETITIAN	LANGUAGE
March 11	10 am	Chartrand's Your Independent Grocer, New Liskeard	Valene Aylwin	English & French
March 19	10 am	Chartrand's Your Independent Grocer, New Liskeard	Katherine Rivard	English
March 20	2 pm	Petenuzzo's Your Independent Grocer, Kirkland Lake	Kelsey MacKinnon	English
March 22	10 am	Chartrand's Your Independent Grocer, New Liskeard	Maryse Reinhardt	French
March 22	3 pm	Chartrand's Your Independent Grocer, New Liskeard	Kim Curtis	English
March 23	9 am	Chartrand's Your Independent Grocer, New Liskeard	Laura Dias	English
March 25	6 pm	Chartrand's Your Independent Grocer, New Liskeard	Laura Dias	English
March 26	9 am	Petenuzzo's Your Independent Grocer, Kirkland Lake	Jasmine Connelly	English
March 27	2 pm	Chartrand's Your Independent Grocer, New Liskeard	Stephanie Bowdrey	English

Register today!



Call 1-866-747-4305 (ext 2260)



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