



Grocery Store Tour

Tour the new NO FRILLS with a Dietitian to get hints at the Grocers:

- *Budgeting tips and best buys,*
- *Quick, easy and nutritious meal ideas,*
- *“Healthy helpers” vs. convenience foods.*

Easier ways to eat healthy on a tight budget!

Best choices in each aisle!

Help finding foods that are nutritious and convenient!

Or visit our website www.wachc.ca

HERE ARE THE DETAILS:

When:

- Tuesday, January 24th at 2PM

Where:

- Meet us at the new Woodstock No Frills Grocery Store

How:

- Call Angie at 519-539-1111 ext 208 to **SAVE YOUR SPOT!!**

