

# FREE Nutrition Field Trip

Featuring Guiding Stars®

Developed  
by  
Registered  
Dietitians



Take a fun, FREE field trip at your local grocery store!



## What is it?

Hands-on nutritional field trip led by the in-store Registered Dietitian through the aisles of your local grocery store – fun activities and healthy snack included! (Approximately 60 minutes in length)

## What do students learn about?

- The benefits of choosing healthy foods
- Guiding Stars® food navigation system
- Canada's Food Guide and the importance of the four food groups
- Helpful nutritional skills

## Why attend?

- Experiential learning is effective and fun
- Aligns with Provincial Health and Physical Education Curriculum
- Encourages activity in your local community

## Who is eligible?

- Students in Junior Kindergarten to Grade 12
- Groups of 5 - 30 students
- All non-school youth organizations (including camps, daycares, community and sports groups)

“My students absolutely loved the hands-on nature of this educational experience. I have a diverse group of learners and EVERYONE got something out of this field trip.”

Diana M. - Ridgeway School, North Van, BC

“The registered dietitian was very knowledgeable and had lots of patience with the endless kid questions. They learned a lot and were very excited about healthy foods when they got home. It's a great set-up ending with a snack everyone loved.”

Fiona T. - 52nd Guides, Calgary, AB

Learn more and book online:

[FieldTripFactory.com](http://FieldTripFactory.com) or call 855.383.0900

**FIELD  
TRIP**  
FACTORY

# Participating British Columbia, Alberta and Saskatchewan Stores

Learn more and book online at: [FieldTripFactory.com](http://FieldTripFactory.com)



Store Name	Address	City	Province
Loblaws CityMarket	1650 Lonsdale Ave	North Van	British Columbia
Loblaws CityMarket	3185 Arbutus St	Vancouver	British Columbia
Loblaws CityMarket	845 Park Royal N	West Van	British Columbia
Kerr St YIG	7190 Kerr St	Vancouver	British Columbia
Davie St YIG	1255 Davie St.,	Vancouver	British Columbia
Sewak's YIG	8200 Bear Paw Trail	Whistler	British Columbia
Hector's YIG	1900 Garibaldi Way	Squamish	British Columbia
Heather's YIG	5530 Sunshine Coast Hwy	Sechelt	British Columbia
Hakam's YIG	20678 Willoughby Centre Dr.	Langley	British Columbia
Nielsen's YIG	18765 Fraser Highway	Surrey	British Columbia
Coquitlam YIG	455 North Road	Coquitlam	British Columbia
Loblaws CityMarket	10 Sage Hill Plaza NW	Calgary	Alberta
Loblaws CityMarket	101-12060 104 <sup>th</sup> Ave NW	Edmonton	Alberta
Hardy's YIG	16 Superior St.	Devon	Alberta
Finney's YIG	10852 - 100th Street	Westlock	Alberta
Dennis' YIG	315 Herold Rd	Saskatoon	Saskatchewan
Michael's YIG	2815 Wanuskewin Rd	Saskatoon	Saskatchewan
Andrey's YIG	30 Kenderdine Rd	Saskatoon	Saskatchewan

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