



Packing School Lunches for Kids

Free Nutrition Tour & Taste Workshop

Nielsen's Your Independent Grocer

Wednesday, October 24th – 6:00-7:00pm

Packing healthy school lunches can seem daunting and challenging all at once. Yet, it doesn't have to be the case! Are you looking for some ideas that will please even the pickiest of eaters? Would you like to add some variety to your child's lunch? Do these lunchbox eats need to be allergy friendly? Join Whitney, your In-Store Dietitian to learn all about packing healthier kid approved lunches. Bring the whole family! This workshop involves light walking, is child friendly, snack provided and spots are limited!

Register today with your in-store dietitian:

Whitney Hussain, RD, CNSC | ✉ whitney.hussain@loblaw.ca

☎ (604) 347-6028 (call or text)