

NUTRITIONU

Virtual Supermarket Tour

Learn about best choices for each food group, how to read labels, identify high quality foods/snacks, and money saving tips and budget friendly meal ideas/snacks.

Instructed by Natalia Garcia, RDN, LDN, CISSN

Tuesday, May 2	12p - 12:45p	Admin Building, 4th Floor Manatee Room 1112 Manatee Ave W, Bradenton
Wednesday, August 2	5:30p - 6:15p	Central Library, Auditorium 1301 Barcarrota Ave, Bradenton

Earn 10 Fit Nut Points!

Register at www.manateeyourchoice.com
> Program Registration tab



For More Information Contact: Christina Edenfield
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