

Healthy Eating Supermarket Tours

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| Chestnut Hill Plaza | 4 Seasons Plaza | Brandywine |
| 10/22 @ 2pm | **11/5 @ 2pm** | **11/12 @ 2pm** |
| 11/10 @ 6pm | **11/14 @ 6pm** |  |
| 11/19 @ 2pm | **11/30 @ 6pm** |  |
| 12/8 @ 6pm | **12/10 @ 2 pm** |  |



To Sign up Visit <http://www.signupgenius.com/go/4090f4dacaa2fabf85-store>

Or

Call Cassandra Umile, R.D. at 302.293.6351

# ShopRite and University of Delaware are teaming up to help **YOU** eat healthier!

One participant will have a chance to win a **$50 GIFT CARD!**

*It’s*

*FREE!*

* Adding more fruits and veggies to your diet
* The difference between fresh, frozen, and canned
* Whole grains and how to find them
* Lean sources of protein
* Healthy eating on a budget
* And much more!

### Learn about: