

Grocery Store Tours

Available by Program Request

Do you feel **lost** in the store aisles?

Learn how to buy FRESH, AFFORDABLE and REAL food at your local grocery store!



Complete the Health Promotion Program Request Form At louisville.edu/healthpromotion



Tour Highlights

- Your group agrees to pay \$5 per member when you request a tour.
- Each person gets a \$25 value: \$5 to grocery shop after the tour PLUS re-usable shopping bag, Basic Pantry Shopping List, recipes, snacks and shopping tips.
- * Limited to 12 students per tour. Minimum of 8 students required to book tour.
- * Tour led by savvy Registered Dietitian who is a nutrition and grocery-shopping expert!

