

Grocery Store Tours

Wondering how to navigate the grocery store?

Wondering how to get the most value for your dollar?

Are you thinking how do I read a nutrition facts table?

Then consider booking your group for a diabetes grocery store tour. This is a free service in Huron and Perth county run by a Registered Dietitian and/or a Registered Nurse.

Call today 519 272 8210 ext 2366 or email

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