

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.

If interested email samantha.ball@hpha.ca or call 519-272-8210 Ext. 2366.