

# *Tour, Taste and Talk Nutrition*

With Our  
**Fresh Facts Nutritionist**  
**Kristin Niessink MS, RD, LDN**

**Monday, November 4<sup>th</sup>**  
**5:30pm – 6:30pm**

With so many different types of foods in the supermarket, choosing the healthiest options can be overwhelming.

**Not anymore!**

During this interactive tour of Clements' Marketplace, our Fresh Facts Nutritionist, Kristin Niessink MS, RD, LDN will guide you through the supermarket with your health and taste buds in mind.

Learn how to decipher food labels, read through claims and ingredient lists, and choose the best options. Discussion and information about food and diet trends, budget friendly shopping, nutrition essentials, and meal planning will help you navigate every aisle with ease. Experience new foods with tastings and recipe ideas.

*Have fun while you learn how to fuel your body for optimal wellness.*

Pre-registration and \$5 registration fee are required for this event.  
Visit Our Courtesy Desk To Sign Up.

