

Healthy Eating and Grocery Shopping

By Chris Prefontaine

She's back! Once again, registered dietitian, Christina Iaboni will be joining us on Zoom for an informative session on grocery shopping with a focus on health. (This topic was chosen by a majority of members who attended the workshop on February 22, 2023.)

With endless options in every aisle, picking out healthy options at the grocery store has become challenging. Stocking your kitchen with nutritious food will make healthy eating so much easier. Join us in November as Christina discusses healthy grocery shopping and gives you strategies on how to save money at the store while eating better. In this one hour virtual session, we will cover:

- the different sections of the grocery store and provide you with tips and strategies on how to make healthy choices in each section;
- discuss seasonal produce and how seasonal eating helps promote healthy choices;

- how to save money when shopping for healthy options;
- healthy grocery list staples; and
- review plant-based alternatives to meat and dairy options to help you make informed choices.

Date:

Wednesday, November 15, 2023

Time: 1 p.m.

Cost: This free event has been subsidized by District 34.

Please register by sending an email of intent with your name, email address and phone number to Chris Prefontaine at 7chris.prefontaine@gmail.com by Sunday, November 12, 2023. A minimum of 20 participants will be required. The link to the Zoom event will be sent to you after the 12th.

-Christina specializes in digestive health, plant-based eating and wellness. She works to facilitate wellness workshops where she can share her passion of helping others improve their health by eating nutritious food. Check out her website: christinaiaboni.com.