

**Contact your in store dietitian Vanessa Yurchesyn to Register!**

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**FREE**

**Event!**

Add Star Power Back to School Eating!

**Join your in-store Registered Dietitian, Vanessa Yurchesyn on September 16th 5:30pm-7pm at the Rothesay Avenue Superstore, as she provides you with tips and tricks for packing healthy school-safe lunches.**

**Children can attend with their parents and caregivers too!**

**Attention Parents and Caregivers of children ages 5 – 13!**

**Are you looking for new, quick and easy lunchbox**

 **ideas for your kids?**

**This nutrition workshop**

**includes:**

* Essentials of a healthy lunchbox
* Time-saving tips for lunch-packing
* Strategies for managing picky eating
* Sharing success stories with other parents/caregivers
* A guided nutrition-focused store tour
* Guiding Stars scavenger hunt for kids
* Sampling nutritious snacks
* Free nutrition resources to take away

**FRE**