

PANTRY MAKEOVER



Improved Product Selection!

Here's what you get from this session:

2 ½ hour session

This session offers a detailed review of the nutrition facts label and key ingredients to watch for. It's also a chance to evaluate the quality of the items in your pantry, so you can confidently choose the best products.

Class handout

Review the information at your own time after the session.

One-on-one time with a registered dietitian

Ask all the questions you've always wanted to ask an expert!