

PANTRY MAKEOVER



Improved Product Selection!

Here's what you get from this session:

2 ½ hour session

This session includes a thorough review of the nutrition facts label and ingredients to look out for. It is also an opportunity to assess the quality of the products in your own pantry so you don't ever have to wonder if you are buying good products.

Class handouts

Review the information at your own time after the session.

One-on-one time with a registered dietitian

Ask the questions that you have always wanted to ask to an expert!