

# Join the Be Well “Clean Eating” Grocery Store Tour Series!



Be Well has partnered with Big Y’s Registered Dietitian Kittie Spedding to provide you with an exciting opportunity to “tour” the grocery store. This will be a hands-on learning experience where you will walk through the store with Kittie and learn the ins and outs of healthy eating and meal planning. Space is limited to 12 people per class and you’re welcome to bring along your kids!

**Click on the date links below to sign up for one, or all, of the following tours:**

**Clean Shopping 101:** During this tour you’ll learn what clean eating really means and how you can take simple steps to get back to the basics of healthy eating in your grocery shopping!

- Mansfield Big Y: [Thursday May 7th, 5–6pm](#) and [Friday May 8th, 4–5pm](#)
- Tolland Big Y: [Saturday May 8th 10–11am](#)

**Easy and Energizing Breakfasts and Snacks:** Do you often skip breakfast because you don’t have the time? Or maybe not sure what a healthy snack looks like? Join Kittie on this tour to learn fast and easy recipes and cooking tips to get you out the door and fueled for your morning. Also learn how to build a better snack that will keep you energized and focused through the 3 o’clock slump.

- Mansfield Big Y: [Monday May 11th, 4:30–5:30pm](#) and [Friday May 15th, 4–5pm](#)
- Tolland Big Y: [Saturday May 16th 10–11am](#)

**Building Better Meals:** Learn tips to building a better meal that looks appetizing, tastes great and keeps you full! This tour will incorporate current USDA guidelines and NuVal Scoring System to show you how to apply them to your everyday shopping and eating habits. This tour is being offered on the following days:

- Mansfield Big Y: [Monday May 18th, 5–6pm](#) and [Friday May 29th, 4–5pm](#)
- Tolland Big Y: [Saturday May 30th 10–11am](#)

**We will contact you before the tour with a reminder of the date/time you selected and details of the tour. Please contact Ana Zeller from Be Well at [be\\_well@ehhd.org](mailto:be_well@ehhd.org) or 860-429-3361 with any questions at all!**

