



# GROCERY STORE CLASSES

## Shop Smart, Live Well

Learn how to shop healthy with one of our Registered Dietitians!

### TOPICS COVERED:

- Picking out and preparing produce
- Reading labels
- Healthy shopping lists
- Brand recommendations
- Quick, practical meal ideas
- Food industry tricks and how to outsmart them

\*Questions welcome during class!

### LOCATION:

#### Price Cutter

2021 W Republic Rd.

Springfield, MO 65807

(meet near Starbucks on the produce side)

Sunday, May 6th 4:00-5:30 pm Cassie Dimmick, MS, RD, CSSD

Monday, May 7th 10:30am-12:00pm Jill Trotman, MS, RD, CDE

Tuesday, May 8th 6:30-8:00pm Amy Richter, MS, RD

**\$25/person**

Sign up via the AYB app, emailing [info@achievingyourbest.net](mailto:info@achievingyourbest.net), or calling the AYB front desk at **417.720.3670**

\*None of these times work for you? Get a group together and we can have a class at the store and time of your choosing!\*