

FREE Nutrition Field Trip

Featuring Guiding Stars®



Take a fun, FREE field trip at your local grocery store!



“ My students absolutely loved the hands-on nature of this educational experience. I have a diverse group of learners and EVERYONE got something out of this field trip.”

Diana M
Ridgeway School, North Van, BC

What is it?

Hands-on nutritional field trip led by the in-store Registered Dietitian through the aisles of your local grocery store – fun activities and healthy snack included! (Approximately 60 minutes in length)

What do students learn about?

- The benefits of choosing healthy foods
- Guiding Stars® food navigation system
- Canada’s Food Guide and the importance of the four food groups
- Helpful nutritional skills

Why attend?

- Experiential learning is effective and fun
- Aligns with Provincial Health and Physical Education Curriculum
- Encourages activity in your local community

Who is eligible?

- Students in Junior Kindergarten to Grade 12
- Groups of 5 - 30 students
- All non-school youth organizations (including camps, daycares, community and sports groups)

Learn more and book online:
FieldTripFactory.com or call 855.383.0900

**FIELD
TRIP**
FACTORY

Participating British Columbia and Alberta Stores

Learn more and book online at: FieldTripFactory.com



| Store Name | Address | City | Province |
|-----------------------------|------------------------------------|-----------|------------------|
| Loblaws CityMarket | 1650 Lonsdale Ave | North Van | British Columbia |
| Loblaws CityMarket | 3185 Arbutus St | Vancouver | British Columbia |
| Loblaws CityMarket | 845 Park Royal N | West Van | British Columbia |
| Loblaws CityMarket | 12339 Stevenson Hwy | Richmond | British Columbia |
| Kerr St YIG | 7190 Kerr St | Vancouver | British Columbia |
| Davie St YIG | 1255 Davie St., | Vancouver | British Columbia |
| Loblaws CityMarket | 10 Sage Hill Plaza NW | Calgary | Alberta |
| Loblaws CityMarket f | 101-12060 104 th Ave NW | Edmonton | Alberta |

f Field trips at this location are available in French

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