

Virtual Grocery Store Tour

Healthy Eating and Meal Planning Basics



Join Nutrition Services registered dietitians for a free online nutrition class.

You will learn about:

- Healthy eating basics
- Meal planning and how to make healthy choices at the grocery store
- Tips for saving money when grocery shopping
- How to read nutrition labels and understand the nutrition facts table
- Healthy meal and snack ideas

Class Type	Date	Time	How to Register
1 hour Online	May 27, 2025	12:00 p.m. – 1:00 p.m.	1-866-506-6654 (Lethbridge, rural, or anywhere in province)
	July 29, 2025	12:00 p.m. – 1:00 p.m.	
	September 23, 2025	12:00 p.m. – 1:00 p.m.	1-866-795-9709 (Brooks, Medicine Hat, or rural) Hosted by South Zone
	November 25, 2025	12:00 p.m. – 1:00 p.m.	

These classes are for Residents of Alberta over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, phone or smartphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



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