

Tips to Get the Most Nutrition for Your Money at the Grocery Store

June 7th, 2023

10:00-11:30 MST

Join Lauren Renlund, the dietitian with Yellowhead Tribal Council, to learn how to get more nutrition for your money. She will share some simple swaps you can make at the grocery store to boost the healthy nutrients in your grocery cart.

Learning Outcomes:

- Identify foods that contain higher amounts of nutrients, such as fibre, protein and vitamins.
- Understand how to compare food prices and sizes to get the most food for your dollar.
- Gather resources for grocery shopping and making balanced meals.



Speakers:

Lauren Renlund, MPH, RD is the community dietitian for Yellowhead Tribal Council. For over three years she has worked with four First Nations in Treaty 6 Territory: Alexis Nakota Sioux, Alexander, Sunchild and O'Chiese.



Target Audience: Adults who shop for groceries for their household

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