

# Tour Highlights

## Tour Stops

### Cereal Aisle



### Produce

5-9 servings/day



### The Bakery

6-11 servings/day



### Service Deli



### Meat & Seafood

2-3 servings/day



### Dairy

2-3 servings/day

### Beverages/Water

### The Pharmacy

### Recycling

### Checkout

## Main Messages

- Breakfast gives us energy to start the day
- Cereal is a quick & easy meal or snack

- Fruits & vegetables are great snacks
- Healthy snacks = energy boost

- There are many nutritious bread varieties
- It's important to balance healthy and unhealthy fats

- Eating a balanced lunch is important
- Lunch is a great time to eat many food groups

- Protein builds strong muscles
- Watch portion sizes
- There are various protein choices

- Get 3 A Day for strong bones and teeth
- Good night's sleep = great morning

- Drink water to quench your thirst
- Water prevents tooth decay and helps cool your body off

- Your pharmacist is here to help you stay healthy
- It is important to be safe around medicine and vitamins so only take medicines that your parents or doctors give to you

- There are many ways we can reduce, reuse and recycle to help keep the environment healthy

- Discovering savings

