

Tour Highlights

Tour Stops	Messages
HBC in front of Oral Care	It's easy and fun to wake up and start each day right!
Organic Cereal Section	Eating a nutritious breakfast gives us the energy we need to last the entire morning! <ul style="list-style-type: none">• Organic cereal is food that has been grown without the use of artificial fertilizers and pesticides
Bottled Water Section	Drinking enough water everyday keeps us healthy and hydrated.
Produce Section	Fresh fruit and vegetables are a great way to get the vitamins and minerals our bodies need Fruit and Veggies – More Matters! <ul style="list-style-type: none">• Every color of fruit and vegetables does something different for our bodies
Deli Department	Eating a balanced and healthy lunch can provide all the nutrition we need to last us to dinner!
Dairy Department	Eating and drinking at least 3 servings of dairy is what gives our bodies strong bones and teeth! <ul style="list-style-type: none">• Dairy contains Calcium, which is an important nutrient that helps us grow
Bakery	The bakery provides many different kinds of healthy food from the grain section of MyPyramid! <ul style="list-style-type: none">• When we eat grains, we should try to eat whole grains, which contains many health benefits• Remember - Sugar should be eaten in moderation
Seafood and/or Meat Department	Protein is very important to help build muscles! <ul style="list-style-type: none">• Meat and seafood give us zinc, iron, and protein – healthy nutrients our bodies need• We should have 2-3 servings of protein every day
Check-Out Aisle	Be Active and Earth Friendly Every Day! <ul style="list-style-type: none">• We should all get at least 30 minutes of physical activity each day• Do your part for a healthy environment - shop with re-usable bags