

### Back to Basics: Smart Shopping for a Healthy Heart

Tour Stops	Key Messages
Front of Store	Introduction
Toothbrush Aisle	Dental Care, A Healthy Lifestyle
Produce	Rainbow of Fruits and Vegetables
Bakery	Whole Grains, Heart Healthy Oil
Seafood	Fresh Catch
Cereal Aisle	Heart Healthy Breakfast
Dairy	3-A-Day: Milk, Yogurt and Cheese
Walk-in Freezer & Frozen Foods Case	Fresh, Safe and Easy for Mom!
Check Out	Smart Shoppers' Graduation

Questions? Call 800-987-6409 or visit us on the web  
[www.lowesfoods.beasmartshopper.com](http://www.lowesfoods.beasmartshopper.com)

