

BI-LO Food Detectives

Hands-on nutritional Field Trips.

Go on an adventure in healthy living with a FREE Field Trip at BI-LO!

What is it?

- On this free Field Trip, students become aware of why it's important to eat a well-balanced diet and live an active lifestyle. Each stop along the way reveals key nutrition and healthy living concepts.

Learn About:

- Everyday healthy choices in the aisles of your local supermarket
- The importance of portion control, using MyPlate principles
- Healthy habits that support overall wellness, including the benefits of physical activity
- Shelf and nutrition labeling systems

Why Attend?

- Tour curriculum supports national standards
- Experiential learning is effective and fun
- Field Trips encourage community involvement

Who is Eligible?

- Students in grades PreK-6 (public and private schools welcome)
- Suggested Group Size: 7-30 students. (Group size limit may vary due to individual store layouts)
- All non-school organizations including scouts, camps, after school programs, church groups, etc.



Reserve your free Field Trip now:



Go to FieldTripFactory.com/BILO or call **800.987.6409**