

# Be a Healthy Buddy

## A Hands-On Nutritional Field Trip

Go on an adventure in healthy living with a  
FREE Field Trip at H-E-B!

### 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 and the benefits of physical activity
- Healthy habits that support overall wellness



### 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/HEB](https://FieldTripFactory.com/HEB) or call **800.987.6409**