

# The Mid-Toronto Diabetes Program & Loblaws



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## Diabetes Focused Grocery Store Tour 101 Eglinton Avenue East



world diabetes day  
14 November

**Tuesday November 14<sup>th</sup>, 2017  
5:00 – 6:00 p.m.**

**Meet at the Customer Service Desk**

**A Registered Dietitian from Loblaws  
will guide you through the grocery aisles providing:**

- **Shopping tips**
- **Healthy options and alternatives**
- **How to read food labels**
- **Meal planning tips**

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**For more information call  
416-486-8666 ext. 208**