



**Sobeys**  
Dietitians

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## September 2019 Prince St, Truro, Nova Scotia

Contact Dietitian Jennifer Ferguson @ 895-7382 or [Jennifer.ferguson@sobeys.com](mailto:Jennifer.ferguson@sobeys.com) for information.

### **Store Display: Soup's On!**

**Free**

Visit Jennifer in the Produce department to get tips on using local fall produce to make your own soup and try a sample.

Thursday, September 5<sup>th</sup>, 11:30am-12:30pm

### **Label Tour for Eating Well**

**Free**

Tour the store with a dietitian and get tips on the best choices for your cart.

Tuesday, September 10<sup>th</sup>, 10:30am-12:00pm

### **Simple Ideas for Eating Well: Enjoy Fall Flavours in Soup**

**Free**

A new recipe, tips for choosing and using the best ingredients and a sample.

Thursday, September 12<sup>th</sup>, 12:00pm-1:00pm

### **Healthy Weight for a Healthy Heart**

**Free**

Join a 6 week program to learn how eating to keep your heart healthy can do so much more. Limit of 14.

Starts Tuesday, September 17<sup>th</sup>, 1:00pm-3:00pm

### **Better-For-You Cooking Class:**

**\$15.00**

Join Chef James and your Dietitian Jennifer for tips and tricks to make eating well taste great.

Tuesday, September 17<sup>th</sup>, 5:00pm-7:00pm

**Menu:** Mussels in Coconut Curry Sauce, Beef & Mushroom Melts,  
Sautéed Vegetable Medley, Baked Sweet Potato Fries with Curry Dip.

### **Individual Consults:**

Need help keeping your eating on track? Book a session with Sobeys Dietitian Jennifer Ferguson to get a plan tailor made for you.

30 minutes: \$40.00 | 60 minutes: \$80.00. Some health care plans may cover this service.

Hungry for more? Follow @SobeysDietitian on Facebook and Twitter for more tips and recipes.

To receive my monthly calendar or the Healthy Bits & Bites Newsletter, sign up at

[www.sobeyspharmacy.com/newsletter](http://www.sobeyspharmacy.com/newsletter).

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