

COURTENAY

COMMUNITY EVENTS

Nutrition for you

A recipe for health

Have you ever found yourself standing in the aisle of a grocery store, eyes glazed over, brain on overdrive and totally confused as you try to determine which item is the healthiest food choice?

Help is on the way in the form of an informative and fun, aisle by aisle tour of Thrifty Foods led by a registered dietician from Springwell Nutrition Group Inc. on Nov. 25.

"This is a very practical and focused tour," says Victoria Pawlowski, a nutritionist at Springwell Nutrition Group. "It cuts through the confusion and helps people make informed choices about the food they purchase."

Now in its second year, Nutrition for You, is collaboration between Thrifty Foods, local recreation centres and the University of Victoria.

"It's no surprise that people are confused about what to buy," says Pawlowski. "Today, the average grocery store contains around 100,000 items. People have less time and many feel overwhelmed by a constant conflicting information overload that says 'eat this, don't eat that.' And some people, especially if they grew up in a home where packaged food was the norm, may not have learned good food skills."

The one-hour program takes participants through each food



Christine Morgan examines the many products on the grocery store shelf in an effort to make the healthiest choices for her family.

PHOTO BY KAREN MCKINNON

department with the nutritionist pointing out key products to look for and those to stay away from. As well as providing information about the best food choices, people are also given ideas on how to store and prepare products.

And everyone receives a healthy foods shopping list to take home as a reference for future trips to the grocery store.

This is great opportunity to find out which type of rice is most nutritious, questions to consider when looking for quality meat and whether it makes sense to spend the extra money on organic produce.

"There is always a lot of confusion around fats and oils and how to store them," says

Pawlowski. "Even people who are knowledgeable about nutrition are surprised at what they learn."

The tour attracts people of varying ages including young couples just starting out and people with small children, as well as people in middle-age and older. "It's never too late to learn what to eat," notes Pawlowski.

The tour takes place Nov. 25 from 7 to 8 p.m. and is free. Space is limited, however, and advance registration is required. Call 250-338-5371 or 250-338-1000 to register and enter for your chance to win a free Thrifty Foods Smile Card.