



### KDR Supermarket Tour will reveal:

- How to **quickly** and **easily** make the most healthful and **delicious** choices for you and your family.
  - How to put together healthy meals and snacks quickly!
  - How to know what low fat, light, less, lower and other food labels really mean.
  - How to finally **stop dieting** and make healthful eating a **natural part of your life!**
    - Learn what the 21 super foods are.
    - **And much more!**

Saturday, November 7th, 2009

@ 11am

Shaw's Supermarket

10 Benning Street, West Lebanon, NH 03748



