

FREE Nutrition Field Trip

Featuring Guiding Stars®



Developed
by
Registered
Dietitians

Take a Fun, FREE Field Trip at Your Local Loblaw® Banner Store



“This field trip tied in nicely with our Healthy Eating unit. Now when students go shopping with their parents they can add some real input backed up with actual facts. The students thoroughly enjoyed the scavenger hunt and especially the very healthy snack. Thanks again!”

Lella D. - Thornhill, Ontario

What is it?

Hands-on nutritional field trip led by the in-store Registered Dietitian through the aisles of your local grocery store – fun activities and healthy snack included! (Approximately 60 minutes in length)

What do students learn about?

- The benefits of choosing healthy foods
- Guiding Stars® food navigation system
- Canada’s Food Guide and the importance of the four food groups
- Helpful nutritional skills

Why attend?

- Experiential learning is effective and fun
- Aligns with Ontario Health and Physical Education Curriculum
- Encourages activity in your local community

Who is eligible?

- Students in Junior Kindergarten to Grade 12
- Groups of 5 - 30 students
- All non-school youth organizations (including camps, daycares, community and sports groups)

A second field trip option *including a Cooking Class* is also available at select locations for \$10 + taxes per participant!



Learn more and book online:

FieldTripFactory.com or call 855.383.0900

**FIELD
TRIP**
FACTORY

Ontario Participating Stores

- **Field Trip + Cooking Class available at this location** **f** Field trips at this location are available in French

A fee of \$10 plus taxes per participant will apply to the Field Trip + Cooking Class Option (Group Size 12–30 Students)

Learn more about each field trip option and book online at: FieldTripFactory.com

STORE NAME	ADDRESS	CITY	STORE NAME	ADDRESS	CITY
Loblaws®			Zehrs®		
• Barrie	472 Bayfield St.	Barrie	• Zehrs Bradford	500 Holland St. West	Bradford
• Burnhamthorpe Market	380 The East Mall	Etobicoke	• Zehrs Alliston	30 King Street South	Alliston
• Humbercrest Market	3671 Dundas Street West	Etobicoke	• Zehrs Hiway Centre	1375 Weber St. East	Kitchener
• Port Credit	250 Lakeshore Road West	Port Credit	• Zehrs Stanley Park	1005 Ottawa Street	Kitchener
• Heartland Market	5970 Mclaughlin Road	Mississauga	• Zehrs Laurentian	750 Ottawa St South	Kitchener
• Glen Erin Market	5010 Glen Erin Drive	Mississauga	• Zehrs Glenridge	315 Lincoln Road	Waterloo
• Mccowan Market Markham	200 Bullock Drive	Markham	• Zehrs Beechwood	450 Erb St. West	Waterloo
• Richmond Hill	310 High Tech Road	Richmond Hill	• Zehrs Conestoga	555 Davenport Road	Waterloo
• Yonge & Bernard	10909 Yonge Street	Richmond Hill	• Zehrs Kingsville	300 Main St. E	Kingsville
• Leslie & Lakeshore	17 Leslie Street	Toronto	• Zehrs Keswick	24018 Woodbine Ave Rr # 2	Keswick
• Queens Quay Market	10 Lower Jarvis Street	Toronto	• Zehrs Uxbridge	323 Toronto St.S	Uxbridge
• Bayview & Moore	301 Moore Avenue	Toronto	• Zehrs Parkway Mall	7201 Tecumseh Rd East	Windsor
• Forest Hill Market	396 St. Clair Avenue West	Toronto	• Zehrs St Clair Beach	400 Manning Road	Windsor
• Millwood & Laird	11 Redway Road	Toronto	• Zehrs Malden Road	5890 Malden Road	Windsor
• Queen & Portland	585 Queen Street West	Toronto	• Zehrs Essa Road	11 Bryne Drive	Barrie
• Maple Leaf Gardens	60 Carlton Street	Toronto	• Zehrs Big Bay Point	620 Yonge Street	Barrie
• Broadview	720 Broadview Ave	Toronto	• Zehrs Duckworth	607 Cundles Rd E	Barrie
• Bayview Village	2877 Bayview Village	Toronto	• Zehrs Geneva Street	Fairview Mall 285 Geneva	St Catharines
• Yonge & Eglinton	101 Eglinton Avenue East	Toronto	• Zehrs Pen Centre	221 Glendale Ave	St Catharines
• Victoria Park Market	50 Musgrave Street	Toronto	• Zehrs Niagara	6940 Morrison Street	Niagara Falls
• Dupont & Christie	650 Dupont Street	Toronto	• Zehrs Welland	821 Niagara St. North	Welland
• Dundas & Bloor	2280 Dundas Street West	Toronto	• Zehrs Cambridge Centre	400 Conestoga Blvd.	Cambridge
• Independent City Mkt	301 College Street	Toronto	• Zehrs - South Cambridge	200 Franklin Blvd	Cambridge
• Empress Market	5095 Yonge Street	North York	• Zehrs Hespeler	180 Holiday Inn Drive	Cambridge
• Yonge & Yonge	3501 Yonge Street	North York	• Zehrs Hartsland	160 Kortright Road West	Guelph
• f Wonderland Market	3040 Wonderland Road	London	• Zehrs Eramosa	297 Eramosa Road	Guelph
• f Fanshawe Market	1740 Richmond Street North	London	• Zehrs Imperial	1045 Paisely Road	Guelph
• f College Square Market	1980 Baseline Road	Ottawa	• Zehrs Fergus	800 Tower Street South	Fergus
• f Merivale	1460 Merivale Road	Ottawa	• Zehrs Fairview	410 Fairview Drive	Brantford
• f Carlingwood	2085 Carling Avenue	Ottawa	• Zehrs King George	290 King George Rd Nth/	Brantford
• f Rideau & Nelson	363 Rideau Street	Ottawa	• Zehrs Orangeville	Heritage Mall 50 - 4th Ave	Orangeville
• f Isabella	64 Isabella Street	Ottawa	• Zehrs Bolton	487 Queen St. S	Bolton
• f Vanier Market	100 McArthur Road	Ottawa	• Zehrs Tillsonburg	400 Simcoe Street	Tillsonburg
• f Kanata	200 Earl Grey Drive	Ottawa	• Zehrs Woodstock	969 Dundas Street	Woodstock
• f Barrhaven	3201 Greenbank Road	Ottawa	• Zehrs Listowel	600 Mitchell Rd Hwy 23	Listowel
• f Bells Corners	59A Robertson Road	Ottawa	• Zehrs Stratford	865 Ontario Street	Stratford
• f Gloucester	1980 Ogilvie Rd.	Ottawa	• f Zehrs Orillia	289 Coldwater Road	Orillia
• f South Keys	2210C Bank Street	Ottawa	• Zehrs Owen Sound	1150 16th Street East	Owen Sound
• f Elmvale	1910 St Laurent Blvd	Ottawa	• Zehrs Caledonia	322 Argyle Street South	Caledonia
• Princess Market	1100 Princess Street	Kingston	Real Canadian Superstore®		
• Cataraqi Market Kingston	1048 Midland Avenue	Kingston	• f Milton Superstore	820 Main Street East	Milton
• Bowmanville Market	2375 Highway #2	Bowmanville	• f North Oakville Superstore	201 Oak Park Blvd.	Oakville
• Collingwood Market	12 Hurontario Street	Collingwood	• Whitby Superstore	200 Taunton Road West	Whitby
• Lindsay	400 Kent Street West	Lindsay	Your Independent Grocer®		
• Pickering Market	1792 Liverpool Road	Pickering	• f Massine's YIG	296 Bank St,	Ottawa
			• f Brown's YIG	1251 Main Street	Ottawa
			• f Moncion's YIG	685 River Road	Ottawa