

FREE Nutrition Field Trip

Featuring Guiding Stars®



Developed by
Registered
Dietitians

Take a Fun, FREE Field Trip at your Local Loblaws®,
Zehrs Markets® or Real Canadian Superstore®



“Truly authentic learning experience. Students learned valuable information and are already applying this knowledge to their daily lives.”

Allison F.
D.A. Moodie Intermediate School
Ottawa

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 8
- 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 for \$10 + taxes per participant!



Learn more and book online:

FieldTripFactory.com or Call: 855.383.0900



Ontario Participating Stores

- **Field Trip + Cooking Class available at this location**

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 MARKETS.		
• 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.	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 Cntr	400 Conestoga Blvd.	Cambridge
Empress Market	5095 Yonge Street	North York	Zehrs - South Cambridge	200 Franklin Blvd	Cambridge
Yonge & Yonge	3501 Yonge Street	North York	Zehrs Hespeler	180 Holiday Inn Drive	Cambridge
• Wonderland Market	3040 Wonderland Road South	London	Zehrs Hartsland	160 Kortright Road West	Guelph
• Fanshawe Market	1740 Richmond Street North	London	Zehrs Eramosa	297 Eramosa Road	Guelph
• College Square Market	1980 Baseline Road	Ottawa	• Zehrs Imperial	1045 Paisely Road	Guelph
Merivale	1460 Merivale Road	Ottawa	Zehrs Fergus	800 Tower Street South	Fergus
Carlingwood	2085 Carling Avenue	Ottawa	Zehrs Fairview	410 Fairview Drive	Brantford
Rideau & Nelson	363 Rideau Street	Ottawa	Zehrs King George	290 King George Rd Nth/ Hiway24	Brantford
Isabella	64 Isabella Street	Ottawa	Zehrs Orangeville	Heritage Mall 50 - 4th Ave	Orangeville
• Vanier Market	100 McArthur Road	Ottawa	Zehrs Bolton	487 Queen St. S	Bolton
Kanata	200 Earl Grey Drive	Ottawa	Zehrs Tillsonburg	400 Simcoe Street	Tillsonburg
• Barrhaven	3201 Greenbank Road	Ottawa	Zehrs Woodstock	969 Dundas Street	Woodstock
Bells Corners	59A Robertson Road	Ottawa	Zehrs Listowel	600 Mitchell Rd Hwy 23 South	Listowel
• Gloucester	1980 Ogilvie Rd.	Ottawa	• Zehrs Stratford	865 Ontario Street	Stratford
South Keys	2210C Bank Street	Ottawa	Zehrs Orillia	289 Coldwater Road	Orillia
Elmvale	1910 St Laurent Blvd	Ottawa	Zehrs Owen Sound	1150 16th Street East	Owen Sound
• Princess Market	1100 Princess Street	Kingston	• Zehrs Caledonia	322 Argyle Street South	Caledonia
• Cataraqui Market Kingston	1048 Midland Avenue	Kingston	Superstore REAL CANADIAN big on fresh, low on price.		
• Bowmanville Market	2375 Highway #2	Bowmanville	• Milton Superstore	820 Main Street East	Milton
• Collingwood Market	12 Hurontario Street	Collingwood	• North Oakville Superstore	201 Oak Park Blvd.	Oakville
• Lindsay	400 Kent Street West	Lindsay			
• Pickering Market	1792 Liverpool Road	Pickering			

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FACTORY

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