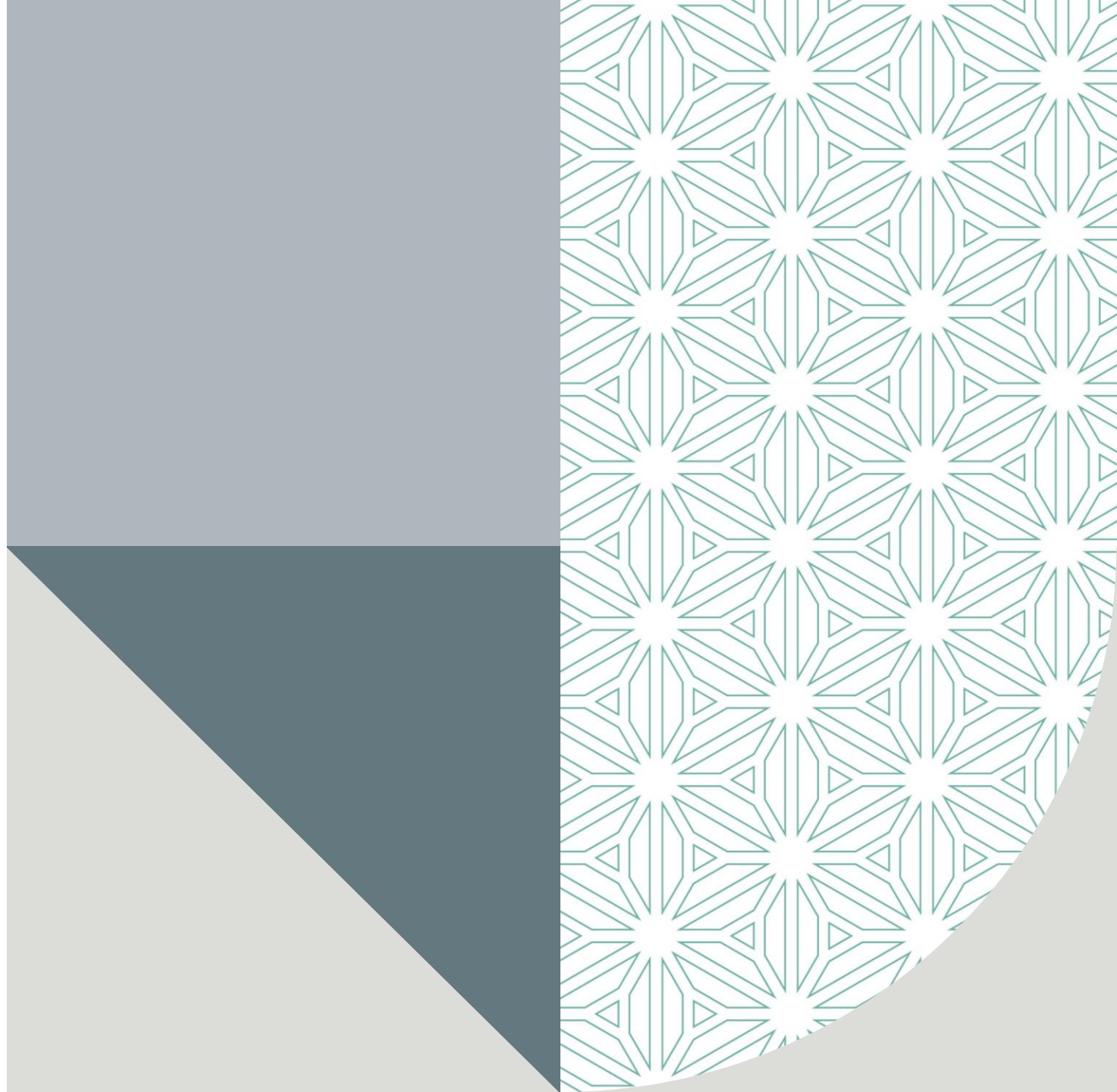


Health Promotion Project: Grocery Store Tour

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Objectives

- Provide a virtual nutrition tool for the WMFRxP participants and assist with reaching program goals
- Educate on the steps to grocery shop for healthy foods
- Educate on what to look for and avoid in the grocery store
- Instill the knowledge needed to begin making healthy food choices

Reflection

- Could have included some more details on how to read a food label, but this could also have an entire video to itself!
 - Could have discussed the use of the WMFRxP coupons while shopping
 - Overall, the video was a success and it was a fun experience to create it!
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- Grocery Store Tour:
 - <https://youtu.be/ANxAe4T15Yo>