

Diabetes Grocery Store Tour



JUNE 16TH, 2026

1:30 PM | 3:00 PM

\$10 members / \$20 non-members

- **Food City-FFG**

Call to sign up: 931-459-7644

Join us for a 45-minute guided tour covering:

- Ingredient lists and what matters most
- Carbohydrates, fiber, and added sugars
- Making confident choices in every aisle
- How to read and understand nutrition labels

