



Virtual Nutrition Tours FAQ

How does a virtual Nutrition Tour work?

Our Dietitians will host live online Nutrition Tours. They will guide you through a virtual grocery store tour, using on-screen presentations to highlight a variety of foods, nutrition labels and healthy eating messages.

Do I need any special equipment?

You will require internet or Wi-Fi access, and can participate on your computer or smart phone.

How do I join the virtual Nutrition Tour?

The Dietitian will send you an invitation link via email. Just before the scheduled Nutrition Tour starts, you will click on the link and follow a few simple instructions to join the meeting.

Can I ask questions during the virtual Nutrition Tour?

Yes. You will be able to ask questions throughout the virtual session, or at designated times.

How long does each virtual Nutrition Tour take?

Most virtual Nutrition Tours will be 45-60 minutes. Specific requests can be arranged ahead of time with your host Dietitian.

Can I attend a virtual Nutrition Tour on my own?

Our virtual Nutrition Tours are for groups of seven or more. Small groups or individual customers may be grouped together.

What does a school group virtual Nutrition Tour look like?

Our Dietitians will provide age-appropriate nutrition education including discussions about a variety of foods, the nutrients they contain, and how food contributes to health. Your host Dietitian will contact you ahead of time to discuss any specific requests, including details of your classroom setting.

I am a Girl Guides leader. Can I have my group attend a virtual Nutrition Tour?

Yes. In addition to school classes, our kids Nutrition Tours are available to clubs, sports teams and any organized group with kids aged five and older. Requests for specific content or tour times can be discussed with your host Dietitian ahead of time.