

Free Grocery Store Tour



Hello my name is Rebecca Jennings, and I am a Registered Dietitian Nutritionist (RDN) who wants to share my love & knowledge of grocery stores. My goal is to increase your comfort & confidence while shopping, and to help you choose items that match your health goals & budget.

I want to offer you a free grocery store tour with me! You set the date, time, and grocery store & I will meet you there. Before the tour, I will contact you so we can discuss what you are wanting to learn from the tour.

No judgement!
No questions asked!

Contact me at:
rjennings@cccnmo.org
or
816.797.7642

A few topics I have taught in previous tours:

- Healthy Snacking
- Low Sodium Alternatives
- Diabetes-friendly Items
- Nutrition MythBusters