

# Confused

About what to eat these days?



Come on a **FREE**  
*Nutrition Tour*  
A fun and interactive way to  
improve your nutrition!

## Nutrition Tours cover:

- ⇒ How to read nutrition panels
- ⇒ *General* nutrition information
- ⇒ Cost saving tips

Call for next available tour  
Bookings Essential  
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Queensland Health Provides funding for HPC