

ShopSmart

Register now for FREE diabetes education

Preston, Victoria

Date	Thursday, 29 June 2023
Time	1.30pm - 4.00pm
Location	Your Community Health (PANCH), Multi Purpose Room, 300 Bell St, Preston
Cost	FREE for people registered with the NDSS
Suitable for	✓ all types of diabetes

ShopSmart will help you to understand how to read food labels, and what to look for when choosing healthy options for yourself and your family. You will also receive a handy wallet card for quick reference when shopping.

ShopSmart covers:

- Healthy eating, as recommended by the Australian Dietary Guidelines
- How to make decisions about the product, from the list of ingredients
- How to make sense of the numbers in the nutrition information panel
- How to choose foods suitable for you, based on a product's nutrition information panel
- What the glycaemic index (GI) is and how to use it.

By the end of this program, you will feel confident reading product information and nutrition panels. So next time you visit a supermarket you will be able to make the best decisions for your health and wellbeing.



Scan this QR code
to find out more and
book online

Bookings are essential. Book online or call the NDSS Helpline and have your NDSS card ready.

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