

Empowering customers to make healthier food choices, the Royal Oak Meijer and **Beaumont Health** are hosting a series of nutrition tours throughout the summer. The tours guide participants through the store, helping them select the best food options to meet their specific health goals.

During each tour, Beaumont Health dietitians will share food label reading skills, food preparation and proper food storage tips, and will discuss food safety and food waste reduction. The program was built to create a bridge between the medical setting and the kitchen table, and the tours can be especially informative for those with specialized nutrition needs for those with hypertension or diabetes.

To learn more about the nutrition tours, please call Beaumont Health's Nutrition Services at 248-898-3052.

<https://meijercommunity.com/2017-06-01-Royal-Oak-Meijer-and-Beaumont-Health-Host-In-Store-Nutrition-Tours>