



**FAMILY,  
FOOD &  
Fun!**

**SATURDAY  
SEPTEMBER 26**

30-minute tours offered  
at 11 a.m., 11:30 a.m.,  
12:30 p.m. and 1 p.m.

## **H-E-B healthy shopping tour**

*Attend our FREE healthy shopping tour for children and their families*

**Please join McLane Children's Scott & White and Texas A&M AgriLife Extension for this family friendly event!**

- Discover fun ways to select, prepare and store healthy items during a 30-minute tour
- Teach children how to properly identify and select fruits and vegetables
- Learn health benefits of eating meals together as a family
- Ask a registered dietitian questions

### **Health Specialists include:**

**Jessica Theimer, RDN, LD**  
*Registered dietitian and program coordinator  
Texas A&M AgriLife Extension*

**Blair Murphy, MPA**  
*Community wellness and education  
McLane Children's Scott & White*

**Julie Gardner, MEd**  
*Community health specialist  
Texas A&M AgriLife Extension*

Participation is limited to 15 guests for each tour. Children must be accompanied by a parent or guardian. Registration is required for each participating family member. Interested parents can register at [healthyfamilytour.eventbrite.com](http://healthyfamilytour.eventbrite.com). For more information, contact Blair Murphy at [bmurphy@sw.org](mailto:bmurphy@sw.org).



*Now part of Baylor Scott & White Health*



### **Location:**

H-E-B Plus!  
2511 Trimmier Road  
Killeen, TX 76542