



JOIN US TO

Learn How to Choose Healthy Foods

ON A BUDGET

The South Carolina Academy of Nutrition and Dietetics and the Lowcountry Food Bank are hosting **FREE** grocery store tours led by registered dietitians.

LEARN HOW TO:

- Feed your family healthy foods on a budget.
- Select filling, whole-grain foods.
- Find the best prices per unit.
- Buy fresh fruits and vegetables on a budget.

FIND YOUR LOCAL TOUR *LISTED ON THE BACK*

CR-010946 3/14



The free grocery store tours will be held at the following Bi-Lo stores during the dates and times listed below:

No sign-up is required to attend a tour.

Anderson

Bi-Lo

2901 South Main St.
Anderson, SC 29624

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

4391 Dorchester Rd.
North Charleston, SC 29505

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

500 Pamplico Hwy.
Florence, SC 29501

March 22 - 9 a.m.

Horry

Bi-Lo

5020 Dick Pond Rd.
Socastee, SC 29588

March 20 - 9 a.m.

Orangeburg

Bi-Lo

1370 Chestnut NE
Orangeburg, SC 29115

March 20 - 9 a.m.

March 20 - 4 p.m.

Beaufort

Bi-Lo

95 Mathews Dr.
Hilton Head, SC 29928

March 20 - 9 a.m.

Chester

Bi-Lo

1436 J A Cochran Bypass
Chester, SC 29706

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Greenville

Bi-Lo

1021 South Pendleton St.
Easley, SC 29642

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

720 N. Main St.
North Myrtle Beach, SC 29582

March 20 - 9 a.m.

March 20 - 4 p.m.

Richland

Bi-Lo

4464 Devine St.
Columbia, SC 29205

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Charleston

Bi-Lo

1200 Sam Rittenburg Blvd.
Charleston, SC 29407

March 20 - 9 a.m.

Colleton

Bi-Lo

550 Robertson Blvd.
Walterboro, SC 29488

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

2111 North Pleasantburg
Greenville, SC 29611

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

1610 U.S. 17 South
Surfside Beach, SC 29575

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

9003 Two Notch Rd.
Columbia, SC 29223

March 22 - 9 a.m.

Bi-Lo

445 Meeting St.
Charleston, SC 29403

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Darlington

Bi-Lo

508 Lamar Hwy.
Darlington, SC 29532

March 20 - 9 a.m.

Greenwood

Bi-Lo

714 Bypass 25 NE
Greenwood, SC 29646

March 20 - 4 p.m.

Lexington

Bi-Lo

6021 St. Andrews Rd.
Columbia, SC 29212

March 20 - 9 a.m.

March 22 - 9 a.m.

Bi-Lo

4711-1 Forest Dr.
Columbia, SC 29206

March 20 - 9 a.m.

March 22 - 9 a.m.

Bi-Lo

142 E. Saint James Ave.
Goose Creek, SC 29445

March 20 - 9 a.m.

March 20 - 4 p.m.

March 22 - 9 a.m.

Florence

Bi-Lo

2640 West Palmetto St.
Florence, SC 29501

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

9616 Hwy. 78
Ladson, SC 29456

March 20 - 4 p.m.

March 22 - 9 a.m.

Bi-Lo

200 Friarsgate Blvd.
Irmo, SC 29063

March 20 - 9 a.m.

March 22 - 9 a.m.

Spartanburg

Bi-Lo

100 North Town Rd.
Spartanburg, SC 29303

March 20 - 9 a.m.

March 22 - 9 a.m.

Bi-Lo

421 Columbia Ave.
Lexington, SC 29072

March 20 - 9 a.m.

March 22 - 9 a.m.