

Northwell Healthy Choices Program

change starts with you



Reducing your risk for chronic disease starts in the supermarket. The foods we eat and prepare for our families can be nourishing, satisfying and healthy.

Join our South Shore University Hospital nutrition experts for a series of informative and interactive supermarket education tours at Stop & Shop in Bay Shore.

Whether you're looking to improve your diet, manage a health condition, or just want to learn more about healthy eating, this event is for you! Don't miss out on this opportunity to gain valuable knowledge and skills to help you lead a healthier lifestyle.

Participants will learn:

- How to use the MyPlate to plan balanced and healthy meals
- How to shop for healthy foods in each aisle of the supermarket
- How to find healthy, affordable alternatives for processed foods
- How to read and understand food labels & more!

All sessions are free!

Program dates & times:

Wednesday, September 17th, 2025 Time: 5:00 PM- 6:00 PM

Wednesday, September 24th, 2025 Time: 5:00 PM- 6:00 PM

Wednesday, October 1st 2025, Time: 5:00 PM- 6:00 PM

Wednesday, October 8th, 2025, Time: 5:00 PM- 6:00 PM

Wednesday, October 15th 2025, Time: 5:00 PM- 6:30 PM

Note: This is a multiweek event. Tours will be conducted once a week for five weeks and last approximately one hour.

Location:

Stop & Shop
533 Montauk Hwy,
Bay Shore, NY 11706

To register for this free program, please visit the website: healthychoices25.eventbrite.com or scan the QR code below.
Questions? Call (516) 987-3296



NorthwellSM
South Shore
University Hospital