



# Announcing:

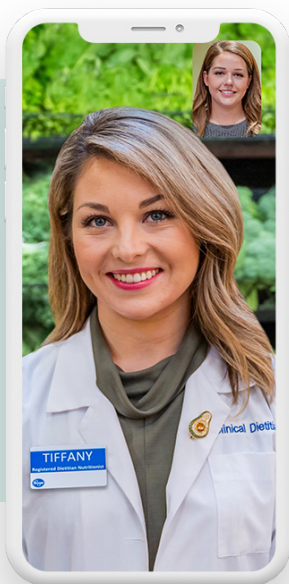
## Free Telenutrition Appointments with a Dietitian during COVID-19

Has COVID-19 made it difficult to shop for healthy food? Are you struggling with having to cook at home during quarantine? Do you have questions about how to plan meals that will support your immune system?

Kroger Health is offering free Telenutrition appointments with our team of Dietitians. As part of our ongoing commitment to **Zero Hunger Zero Waste**, we are providing nutrition education and food inspiration to everyone.

### *Video Chat Topics*

- Cooking basics or cooking with unfamiliar foods
- Getting creative with shelf stable ingredients
- Changes in the availability of food
- Picking the best foods for your medical condition
- Maintaining personal nutrition goals and so much more!



To schedule your FREE appointment, go to:

[krogerhealth.com/telenutrition](https://krogerhealth.com/telenutrition)  
Enter promo code: **COVID**



\*Not conditioned on the purchase of items or any future services. This is a temporary service to the public to promote individual nutrition and health in our community during the declared COVID-19 emergency.



[krogerhealth.com](https://krogerhealth.com)