

**AFRICAN HOLISTIC HEALTH CHAPTER OF NY**



**Holistic Grocery Store & Farmers' Market Tour**

**March 20, 2015 @ 10:30a– 4p**

**Cost \$20**

Join the African Holistic Health Chapter of NY on our very First Holistic Grocery Store & Farmer's Market Shopping Tour on March 20, 2014 @10am at Whole Foods !!! The Tour will be conducted by Heru Kweisi who is a Vegan Chef and graduate of Natural Gourmet School of NYC. On this tour you will learn how to:

- Read food labels;
- Identify GMOs in Labeling;
- Learn importance of Organic vs. Non Organic;
- Identify the various disguises of MSG and Aspartame ;
- Identify foods with Caseinate disguised in many "Dairy Free" foods;
- Recognize the various "Natural Sugars" vs. "Artificial Sugars."
- AND MUCH, MUCH MORE !!

Fee for the Tour is \$20 and do bring funds to pick essentials that you may want to purchase from the Store and the Local Farmers which is located right outside the front door of Whole Foods. We will gather to start the WholeFoods Tour at 10am. Do bring your pencils, pads and many questions you may want address during the tour.

**Whole Foods Market**  
95 Houston Street  
New York, NY 10002

**[Click here to register on EventBrite](#)**

**Call or email with any questions or comments, 347-427-8668**