

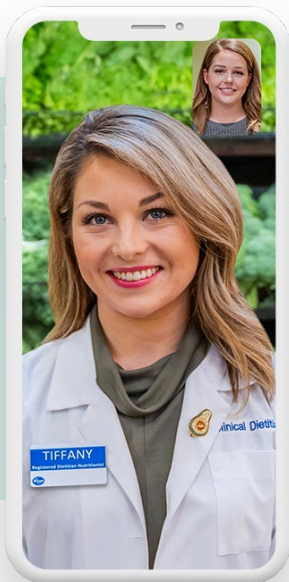
# Announcing: Free Dietitian-led Telenutrition Services During COVID-19

Are you concerned about accessing or affording food during the COVID crisis? 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 Services with our team of dietitians as part of our ongoing commitment to enabling **Zero Hunger Zero Waste** and making fresh food accessible 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



To schedule your appointment, a \$60/value, now FREE for all customers during the COVID-19 emergency, visit or call:

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

(855) 699-6937  
Mention promo code: **COVID**

