

Market tours focus on healthy foods with great taste

COAST CITIES — The Whole Journey, a holistic nutritional counseling and holistic product awareness group, is planning "Healthy Grocery Store" tours that will include Cardiff Seaside Market in Cardiff-by-the-Sea, and Jimbo's Naturally and Sur La Table in Carlsbad.

Cardiff Seaside Market's tour will be at 11 a.m. and 7 p.m. April 15 with Back to Basics: Shopping and Cooking held every month.

Sign up for a free tour to learn about the healthiest products the market has to offer. The event will cover most sections of the grocery store where you will discover all kinds of new products you can incorporate to improve your health.

The tour will also offer cutting-edge nutritional information to heal common health concerns.

You will sample three dishes and walk away with

10 new recipes and a healthy shopping list.

Sign up at the checkout or call Cardiff Seaside Market at (760) 753-5445.

The Jimbo's Naturally/Sur La Table tour is set from 6:30 to 8 p.m. April 22 focusing on "Wellness and Wine: Nutritional Cooking Series." The event begins at Jimbo's for a 30-minute tour to talk about what will be prepared and where to find it.

This is followed by a 10-

minute tour of Sur La Table to learn about the cooking equipment being used.

The real fun begins as participants cook four to six easy-to-copy dishes centered on keeping the body as healthy as possible without sacrificing a bit of taste.

The tour includes a 45 minute lunch break to eat together and ask questions.

The in-house sommelier will help find the perfect wine. There

will also be live music.

To sign up, call Pam Schwartz at (760) 635-1316. The cost is \$69 prepaid.

The Whole Foods, La Jolla tour will be from 6:30 to 8 p.m. April 21 on "Keep the Sweetness, Lose the Sugar." Call Whole Foods Market at (858) 642-6700 and ask for Marketing to reserve your place. Cost is \$15.

Learn more about The Whole Journey at www.the-wholejourney.net.