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**BASHAS' SUPERMARKETS OFFER FREE HEALTHY SHOPPING TOURS**  
*Participants learn how to stock their kitchens with nutritious foods*

ARIZONA (Jan. 29, 2008) Some count calories – others watch carbs. Some swear by eating six small meals a day – others vow by a high protein or low fat diet. With so much conflicting information about how to eat right, it's no wonder that people find it challenging to choose nutritious foods in the grocery store.

To make those grocery-aisle decisions easier, Bashas' Supermarkets will hold a series of healthy shopping tours this year. Every month, a select Bashas' store will offer a free, 45-minute guided shopping tour from fitness expert Chris Akard.

"We're always looking for ways to give our customers a better grocery shopping experience," said Kristy Nied, Bashas' director of communications. "We tested these healthy shopping tours last fall, and they were overwhelmingly popular with our customers."

During the tour, Akard energetically leads grocery shoppers around the store, pointing out the healthiest choices for living well and reaching fitness goals. Covering everything from reading food labels to planning nutritious meals, participants learn about how to eat fruit smarter, which cut of meat benefits waistlines, and what kind of bread fills you up longer.

"There are many surprises to be found about what is healthy and what isn't," said Akard. "I'm there to help folks plan for success and it all starts in their shopping cart!"

Healthy Shopping Tours will be held at **4 p.m., 5:30 p.m. and 6:30 p.m.** on the following Wednesdays, at these Bashas' stores:

- **Jan. 30:** 32nd Street and Shea, Phoenix
- **Feb. 27:** Power and Chandler Heights, Queen Creek
- **March 26:** Camelback and Dysart, Litchfield Park
- **April 30:** Pecos and McQueen, Chandler
- **May 28:** 75th Avenue and Thunderbird, Peoria
- **June 25:** Hayden and Indian School, Scottsdale
- **July 30:** 7th Street and Missouri, Phoenix
- **Aug. 27:** Tom Darlington and Carefree Highway, Carefree
- **Sept. 24:** McClintock and Warner, Tempe
- **Oct. 22:** Thompson Peak and Bell, Scottsdale
- **Nov. 19:** Queen Creek and Val Vista, Gilbert
- **Dec. 17:** McKellips and Gilbert, Mesa

To register for an upcoming shopping tour, call (480) 895-3331 or visit [bashas.com](http://bashas.com).

Chris Akard is the owner of Akard Personal Fitness Studio in Scottsdale, and is an A.F.A.A. and A.C.E. certified personal trainer. For more information, visit [www.akard.com](http://www.akard.com).

Bashas' is an Arizona-based, family-owned and -operated grocery chain known for its fresh produce, made-from-scratch bakery items, full-service butcher shop and award-winning Chef's Entrées. Bashas' was established in 1932 and since its inception has given more than \$100 million back to the communities in which it serves. For more information, visit [www.bashas.com](http://www.bashas.com).

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