

| North Island Schedule | | | | |
|-----------------------|-------------------------------|--------------------|---------------|-----------------|
| Community Area | Location | Session | Date | Time |
| Campbell River | Sportsplex | Nutrition Seminar | Nov 15, 2010 | 6:30 – 8:00 PM |
| Campbell River | Campbell River | Grocery Store Tour | Nov 30, 2010 | 7:00 – 8:00 PM |
| Comox Valley | Comox Valley Sports Centre | Nutrition Seminar | Oct 20, 2010 | 2:00 – 3:30 PM |
| Comox Valley | Courtenay Recreation Centre | Nutrition Seminar | Nov 16, 2010 | 7:00 – 8:30 PM |
| Comox Valley | Courtenay | Grocery Store Tour | Nov 22, 2010 | 7:00 – 8:00 PM |
| Cowichan | Island Savings Centre | Nutrition Seminar | Nov 9, 2010 | 6:30 – 8:00 PM |
| Cowichan | Beverly Corners, Duncan | Grocery Store Tour | Nov 22, 2010 | 7:00 – 8:00 PM |
| Mill Bay | Kerry Park Recreation Centre | Nutrition Seminar | Nov 4, 2010 | 2:30 – 4:00 PM |
| Mill Bay | Mill Bay | Grocery Store Tour | Nov 16, 2010 | 7:00 – 8:00 PM |
| Nanaimo | Oliver Woods Community Centre | Nutrition Seminar | Oct 27, 2010 | 5:30 – 7:00 PM |
| Nanaimo | Beban Social Centre | Nutrition Seminar | Nov 8, 2010 | 9:00 – 10:30 AM |
| Nanaimo | Port Place | Grocery Store Tour | Nov 15, 2010 | 2:00 – 3:00 PM |
| Nanaimo | Longwood Station | Grocery Store Tour | Nov 15, 2010 | 7:00 – 8:00 PM |
| Parksville | Oceanside Place | Nutrition Seminar | Sept 30, 2010 | 1:30 – 3:00 PM |
| Parksville | Oceanside Place | Nutrition Seminar | Nov 3, 2010 | 6:30 – 8:00 PM |
| Parksville | Parksville | Grocery Store Tour | Nov 9, 2010 | 7:00 – 8:00 PM |