Sign up today for a free grocery store tour

DATE: Tuesday, March 28th

TIME: 1:00-2:00pm

LOCATION: Pick 'n Save, 2811 18th Street, Kenosha, WI

RSVP: Alana Perez-Valliere, 262-635-5343 or Alana.perezvalliere@ces.uwex.edu

We will meet in the produce area.

Questions? Can't make this tour but want to participate in the future? Email Alana at the above email address.

Cooking Matters at the Store

A guided grocery store tour teaching skills for buying healthy foods on a budget.

- **Want to save money at the store?**
- **Want to buy healthy foods for your family?**
- **Need some tasty and healthy recipes?**

If you said yes, join us for a grocery store tour!

During the tour, you'll practice skills like:

- **Buying fruits and vegetables on a budget**
- **Comparing unite prices to find bargains**
- **Reading and comparing food labels**
- **Identifying whole grains**

After the tour, you'll receive:

- **FREE $10 Pick 'n Save gift card for healthy groceries**
- **FREE book of recipes and healthy buying tips**
- **FREE reusable grocery bag**